MGW

MOM GUESS WHAT NEWSMAGAZINE

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Health & Fitness Issue

LGBT News Since 1978 • FREE

From The Surgery Room To Sordid Lives ...

Steve Thompson

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SACRAMENTO

CAPITAL CROSSROADS GAY RODEO ASSOCIATION

SIERRA STAMPEDE RODEO

•2009•

JUNE 4-7

THURSDAY
DINNER/DRINKS (NO-HOST)
@ HEADHUNTERS 6PM
COUNTRY DANCING AND RODEO
KICK-OFF @ FACES 8PM

FRIDAY
SIERRA STAMPEDE POOL PARTY
3PM-6PM
HOST HOTEL - RED LION HOTEL

CONTESTANT REGISTRATION
6PM-9PM
HOST HOTEL - RED LION HOTEL

RODEO PARTY @ THE BOLT
9PM - MIDNIGHT

SATURDAY
RODEO SLACK - 8AM
GRAND ENTRY - NOON
SIERRA STAMPEDE RODEO - FOLLOWING GRAND ENTRY
@ 848 ELKHORN BLVD, RIO LINDA, CA

COUNTRY ROUNDUP: DANCING UNDER THE STARS
WITH SUNDANCE SALOON DJS - 8PM-MIDNIGHT
@ 21ST STREET & K STREET, MIDTOWN SACRAMENTO

SUNDAY
RODEO SLACK - 8AM
GRAND ENTRY - NOON
SIERRA STAMPEDE RODEO
FOLLOWING GRAND ENTRY
@ 848 ELKHORN BLVD, RIO LINDA, CA

AWARDS CEREMONY
HEADHUNTERS PATIO
8PM

VICTORY CELEBRATION
BADLANDS 9:30PM - MIDNIGHT

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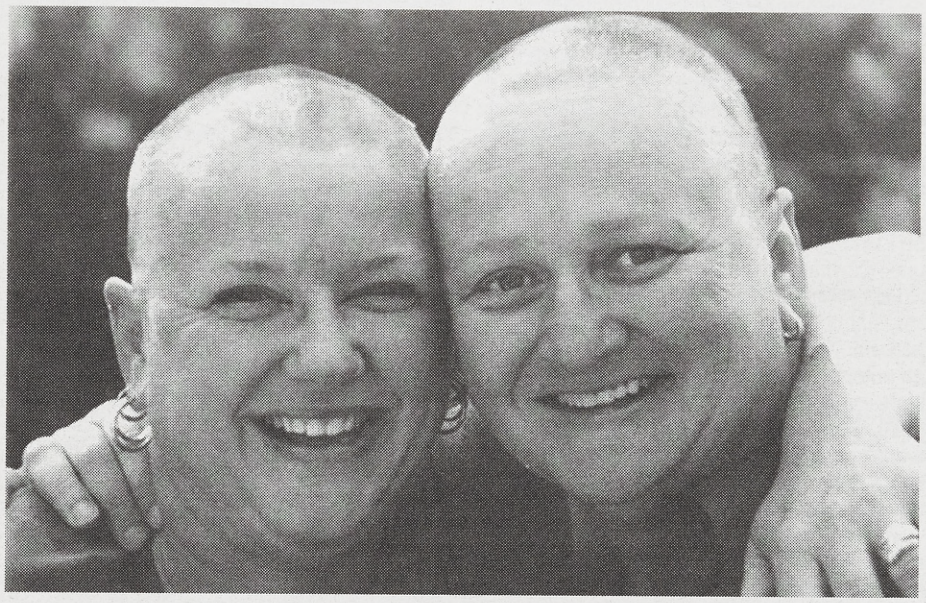

JAMMIN' JO'S SHAVE IT BALD FOR CANCER FUNDRAISER A SUCCESS

Thank you, thank you, thank you to all of you who came out on Sunday to Head Hunter's for the Bald is Beautiful, Baby fundraiser for SBCFBF. I received a message from my nephew/godson, Tyler on Monday. He was overwhelmed by the love and support received from his Aunt Jo and Aunt Lori's friend's. He is very grateful. His last chemo treatment has really kicked is butt, but he continues to stay positive and trust he will be well soon.

At the time of this writing we raised $2,106.00, but I know that some of you who could not attend have sent your donation directly to SBCFBF, so I don't have a final tally. However, please know, my heart is overwhelmed by your support and love. Words cannot describe how you have made me feel. Thank you so very much.

Thank you April Miller for donating your time to cut our hair off! Thank you Michele Marchioli and Jan Bird for delighting us with your fabulous music and thank you Char Adams for joining us in going bald. You brave soul! Thank you to the staff of Head Hunter's for helping make the day be perfect. Janet thanks for setting up the stage too!

Finally, thank you to my wife, Lori for walking this road with me. I am a very blessed woman.

My prayers and good thoughts go out to all of you who are going through health challenges or know someone who is. Keep positive and reach out to friends and family. It helps.

JAMMIN' JO
JAMMINJO.COM

LAVENDER LIBRARY HISTORY DISPLAY WILL EXHIBIT IN SACRAMENTO LIBRARY

In celebration of Pride Month, June 2009, the Lavender Library, Archives and Cultural Exchange of Sacramento, Inc., is collaborating with the Sacramento Public Library by installing a gay and lesbian exhibit at the Central Library, 828 I Street, in downtown Sacramento.

One portion of the exhibit is devoted to a Gay and Lesbian Timeline, listing important people and events in gay and lesbian history with emphasis on the United States, California and Sacramento.

Another part of the exhibit comprises materials from two of Lavender Library's archival collections, the Cherie Gordon Collection and the Michael R. Gorman Collection. Materials from both of these collections touch on the issue of discrimination of gays and lesbians in American society.

Other materials included in the exhibit are games, Billy dolls, a button display, photographs, and other memorabilia.

In addition to the exhibit, two speakers are scheduled to speak at the East Meeting Room at the Central Library. On June 10 at 6 p.m., local attorney M. Jane Pearce will discuss legal issues involving gay marriage, domestic partnership, wills and trusts for same sex couples, and the impact of Proposition 8. On June 17 at 6 p.m., local author and poet, Michael R. Gorman will discuss his past and upcoming books. In this entertaining session the author will fill in the gaps of little known gay California writers and artists throughout history.

The last scheduled event at the same location and to be held on June 24 at 5:30 p.m., will be the screening of the award winning film "Milk" about openly gay San Francisco supervisor Harvey Milk.

Lavender Library, a gay and lesbian library, is located at 1414 21st Street, Sacramento, CA 95811, 916-492-0558; lavenderlibrary.org. Sacramento Public Library, Central Library, is located at 828 I Street, Sacramento, CA 95814, 916-296-2700; saclibrary.org

CLINT VIGEN
BOARD PRESIDENT, LAVENDER LIBRARY

SACRAMENTO EARTH DAY 2009 "BE THE SOLUTION"

Thank you for being a part of Sacramento Earth Day 2009! We hope you had as much fun as we did. We owe you a tremendous debt of gratitude. Thank you for your support and involvement.

ECOS will continue to coordinate other environmental and community-focused events, including the annual Sacramento Earth Day celebration, as part of our extensive policy and legal work promoting a truly sustainable Sacramento region. Upcoming events include: a June workshop on the natural resources surrounding Elk Grove, a late summer Community Planning and Development 101 workshop, and presentation of our annual Environmentalists of the Year Awards as part of our Fall Festival in October. Check our website or contact the ECOS office for more information about these events and our other efforts.

Thank you again for everything you do for this community and region. Please do not hesitate to contact either of us with any questions or concerns.

SHAUNA BADEKER
EARTH DAY COORDINATOR

GRAHAM BROWNSTEIN
EXECUTIVE DIRECTOR, ECOS

EQUALITY CALIFORNIA CONGRATULATES RABBI DENISE EGER ON HISTORIC ACHIEVEMENT

Longtime advocate for lesbian, gay, bisexual and transgender (LGBT) community members, Rabbi Denis Eger will be installed tonight as the president of the Board of Rabbis of Southern California, becoming the first woman and lesbian to serve in that capacity. The board brings together more than 300 rabbis.

"Rabbi Eger has been a trusted, vocal advocate for the LGBT community, and her groundbreaking work has beautifully married both her faith and her commitment to social justice. Her incredible leadership and dedication have led to real change in the lives of LGBT people as well as tremendous advances in the movement to achieve full equality for LGBT people. We wish her all the best and look forward to working with her as she takes on this new role."

Equality California (EQCA) is the largest statewide lesbian, gay, bisexual, transgender-rights advocacy organization in California. In the past decade, EQCA has strategically moved California from a state with extremely limited legal protections for LGBT individuals to a state with some of the most comprehensive civil-rights protections in the nation. EQCA has passed over 50 pieces of legislation and continues to advance equality through legislative advocacy, public education and community empowerment. www.eqca.org

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EXECUTIVE DIRECTOR OF EQUALITY CALIFORNIA

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Matthew Burlingame
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Nathan Feldman
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Rivendell Media
212.242.6863

WRITERS
Erin Von Ohlsen, Robert Applegate
Sonya Cox, Donald Marshall
M.R. Covino, Boyce Hinman, Brian Judd,
Michael Gorman, David R. Shorey
Tom Swanner, Jerry Sloan, Jenny B.
Forrest Schroeder-Einwiller
Rev. Doretha Williams-Flournoy
Chris Crain, Matthew Burlingame
Darnell Stephenson, Julie Fray
Nikki, Jeniffer Wertz, Sally Sheklow

PHOTOGRAPHERS
West Ramsey, Mila Pavlin, Rachel Valley
Kiny McCarrick, Jayna Pavlin
Nathan Feldman, Aaron Feldman,
Jay Lensch, Robert Applegate

ASSOCIATIONS
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RON GETTY IS A CONTRIBUTING AUTHOR TO THE LIBERTARIAN PERSPECTIVE AND THE SENIOR STAFF MEMBER OF A TAX ATTORNEY WITH HIS PRACTICE LOCATED IN SAN FRANCISCO. HIS BACKGROUND INCLUDES AN ELECTRICAL ENGINEERING DEGREE AND 30 YEARS OF SALES, MARKETING AND ADVERTISING WITH SMALL TO LARGE CORPORATIONS. A VIETNAM VETERAN OF CHU LAI - I CORPS, HE BRINGS PERSONAL PERSPECTIVES ON VETERANS AND THEIR TREATMENT BY THE GOVERNMENT.

Time to Tax Sacramento with Tough Love

In Sacramento, it seems the issue of the day is always the need for more tax revenue. Unlike Oliver Twist, however, the legislators demand more taxes; they do not ask for more taxes, and they never say please.

The antithesis of Oliver Twist, Sacramento is the embodiment of a looting "Robbing Hood." Sacramento takes from the taxpayers and gives to the tax moochers, and has the effrontery to continue this looting by demanding that taxpayers vote yes on the coffer-filling Propositions 1A through 1E.

These five propositions on California's upcoming May 19 special election ballot are designed to save Sacramento from a fate worse than death — no money in the coffers to redistribute to moochers politically disguised as "those in need."

The recently approved budget to close the $41 billion deficit now has an $8 billion "tax shortfall." If three of the special initiatives fail, there will be another $6 billion in "lost revenue." That's a $14 billion hole in the shoe without a shoe repair shop in sight.

This month, Sacramento expects to raid paychecks of $8.9 billion in personal income taxes. That's $8.9 billion taxpayers could spend more wisely as a personal economic stimulus.

It's time for tough love lessons on taxes for Sacramento. Just vote no on Propositions 1A through 1E. (Vote yes on Prop. 1F, which denies pay increases to legislators during budget deficit years, although it's just a bone thrown to the "taxpayer dogs.")

How can California repair the $14 billion hole in the shoe?

The state employs 345,000 people who average $85,000 in annual pay and benefits. In comparison, private industry per capita pay and benefits averages $45,000. If state employees' pay and benefits were scaled to average that of private industry, the $40,000 reduction per state employee would repair the $14 billion hole in the shoe.

Another cost-saving measure would be to index the state private industry unemployment percentage rate and state worker furloughs. Whenever the private industry unemployment level exceeds 3 percent, which is about a half-million workers, an automatic furlough would kick in at all state agencies for each full percentage point above 3 percent. Why? Fewer private industry workers means lower income tax revenues, which mean less money to keep paying government workers.

The state budget could be further cut by reviewing each state department, division, bureau, board, and commission. The review would determine whether the taxpayer-funded government service should be discontinued, merged with other departments, or charge user fees to cover its budget, or whether the service should be competitively bid out at less cost to taxpayers.

Here are some other ways California could help taxpayers, especially those in lower income brackets:

Repeal minimum wage laws to reduce overall unemployment and to promote employment of low-wage workers, unskilled workers, visa immigrants, and those with limited education or job experience. Repeal prevailing wage laws to increase the number of workers hired on state construction bond projects and enact market-competitive hiring under right-to-work laws.

Benefit unemployed and low-wage worker families by exempting all food, drink, beverage, and clothing purchases in a single transaction of $500 or less from city and state sales taxes.

Exempt those ages 72 and over, and all fully disabled, and their life-partners, from paying income taxes or property taxes. Seniors and disabled who rent would receive property tax rebates.

Exempt K-12 teachers from state income taxes on their teaching income and property taxes on their home. Teachers who rent would receive property tax rebates. The massive $50 billion public school employment budget would be reduced as teachers would need less pay because they would keep what they earn.

Exempt home schooling parents from paying education property taxes, since they shouldn't have to pay to send someone else's children to government schools. Exempt home schooling parents from paying state income taxes on the amount of time spent on home schooling and the cost of materials against their earned income. Home schooling parents who rent would receive an education property tax rebate.

These few tax relief fixes are limited in scope against the ultimate fix of repealing all taxes and starting fresh. To paraphrase Marc Anthony in Shakespeare's Julius Caesar, "Cry 'Havoc' and let loose the 'taxpayer dogs' of war on taxes."

Finally, the taxpayers of California must send a livid message to the larcenous legislators of Sacramento and vote no on Props. 1A through 1E, in essence telling them, "Enough already!" Then taxpayers should vote yes on Proposition 1F, which denies pay increases to legislators during budget deficit years.

LGBT Prisoner Safety Act Passes Assembly with Bipartisan Support

The California State Assembly passed the LGBT Prisoner Safety Act, AB 382, today by an overwhelming margin of 64-9. The bill garnered significant bipartisan support. Sponsored by Equality California (EQCA) and introduced by Assemblymember Tom Ammiano (D – San Francisco), the bill is designed to prevent violence against lesbian, gay, bisexual, and transgender (LGBT) people in the state prison system. The bill received more Republican votes than any other piece of legislation sponsored by EQCA.

"The California Assembly sent a powerful message today that all Californians deserve protection from violence," said EQCA Executive Director Geoff Kors. "This vital bill seeks to end abuse and assault against LGBT prisoners, ensuring they receive equal and fair protection under the law."

According to a recent study from the Cali¬fornia Department of Corrections and Re¬habilitation, 67 percent of LGBT inmates report being sexually assaulted by another inmate, a rate 15 times higher than the overall prison population.

By amending the Sexual Abuse in Detention Elimination Act (SADEA) of 2005 to include sexual orientation and gender identity on the list of factors for consideration when classifying and housing prisoners, the legislation promotes safety for and prevents assault against LGBT people in the prison system. The list of factors currently includes age, gender, type of offense, and prior time served.

"All people deserve basic protections – including those serving time in our state prisons," Assemblymember Ammiano said upon introducing the bill. "No prisoner should fear for his or her life or be the target of abuse because of his or her sexual orientation or gender identity."

The bill developed following a Senate Public Safety Committee meeting held in San Francisco this past December and chaired by Senator and former Majority Leader Gloria Romero (D-Los Angeles). The meeting, which was sponsored by EQCA along with Just Detention International, the Transgender Law Center, National Center for Lesbian Rights, and the Transgender Gender-Variant and Intersex Justice Project, exposed the dire issues facing LGBT people in California prisons in order to produce concrete solutions.

The LGBT Prisoner Safety Act is an important step toward ensuring the safety of this highly vulnerable population. Last month, the bill passed the Assembly Public Safety Committee unanimously by a 7-0 vote.

Equality California (EQCA) is the largest statewide lesbian, gay, bisexual, transgender-rights advocacy organization in California. In the past decade, EQCA has strategically moved California from a state with extremely limited legal protections for LGBT individuals to a state with some of the most comprehensive civil-rights protections in the nation.

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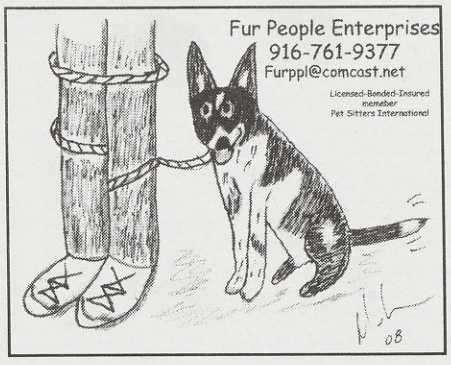
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MAINE BECOMES FIFTH STATE TO ALLOW SAME SEX MARRIAGE – NEW HAMPSHIRE MAY FOLLOW

On May 6, 2009 the Governor of Maine signed legislation making his state the fifth state in the nation to allow same sex marriage. The bill takes effect 90 days after the close of the legislature for the year. According to a spokesperson for the legislature, same sex couples will probably be able to marry in Maine by mid-September of this year.

Massachusetts, Connecticut, Vermont and Iowa already allow same sex marriage. Maine is now the second state in which the state legislature has approved same sex marriage without being required to do so by their state Supreme Court.

New Hampshire and New York State may not be far behind. A bill to permit same sex marriage in that state has been approved by both houses of the New Hampshire legislature. However, it currently is back in its house of origin (the state House of Representatives) for their agreement with changes made to the bill in the state Senate before the Senate approved the bill.

A spokesperson for the Clerk of the House of Representatives said the house vote might occur later today (May 6). If the house agrees to the changes, the bill would go to the Governor for his signature or veto. A spokesperson for the Governor's office says the Governor has not yet taken a position on the bill.

New York State's legislature is also working on a bill to allow same sex marriage. Their bill, AO7732, has been approved by their Assembly Judiciary Committee and is awaiting a final vote on the Assembly floor. A spokesperson for the bill's author, Assembly Member O'Donnell, says the floor vote is not likely before the week of May 11.

And as of this writing, the New Hampshire legislature has sent a bill, legalizing same sex marriage, to their Governor. By the time you read this article we will know if he signed that bill and made New Hampshire the 6th state to approve same sex marriage.

Meanwhile we in California anxiously await a decision by our Supreme Court on the validity of Proposition 8. That decision should be announced sometime between now and the first week in June.

GAYS IN THE MILITARY

The following statement is found on President Obama's transition web site; "Barack Obama agrees with former Chairman of the Joint Chiefs of Staff John Shalikashvili and other military experts that we need to repeal the "don't ask, don't tell" policy. The key test for military service should be patriotism, a sense of duty, and a willingness to serve. Discrimination should be prohibited."

However, an end to the ban on gays in the military probably will not occur soon for at least two reasons. First, the President has a lot else on his hands. He will need to deal with the economy, health care, and several other key issues before getting to the issue of sexual orientation based discrimination by the military.

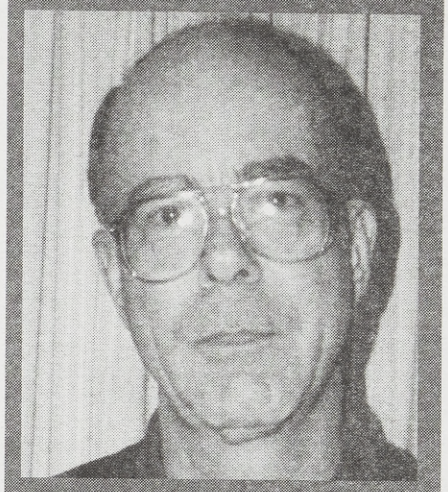
Second, what happened to President Clinton requires that President Obama prepare the ground before pushing for a change in military policy. Clinton, soon after becoming President, just announced that he would end the ban on gays in the military by executive order. He did none of the political work needed to persuade a majority of those in Congress to support the change. So, ultimately, he was forced to sign a bill that put the Don't Ask Don't Tell policy into law. That means Obama must persuade Congress to change the law. That will take time.

There actually is a bill in Congress to end the ban on gays in the military. It is H.R.1283, introduced by Ellen Tauscher, Democrat of California. Currently the bill has 140 co-sponsors. Twenty five of those co-sponsors are from California Two hundred eighteen votes would be needed get the bill approved by the house of Representatives.

But first it must go through committee hearings. Currently it is in the Military Personnel Subcommittee of the House Armed Services Committee. That subcommittee has fifteen members and seven of those are co-sponsors of the bill. If it gets out of the subcommittee it will need 31 votes to be approved by the full House Armed Services Committee. Currently 16 members of the full committee are co-sponsors of the bill.

One hitch in the prospects for the passage of the bill is that it's author has been nominated for Under Secretary of State for Arms Control. If her nomination is approved by the Senate, a new author will have to be found for the bill. A spokesperson for the Servicemembers Legal Defense Network, chief sponsors of the bill, pledges they will find a new author should that happen.

As they say, patience is a virtue. That is especially true in legislative advocacy.



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You do not have to identify the assailant.

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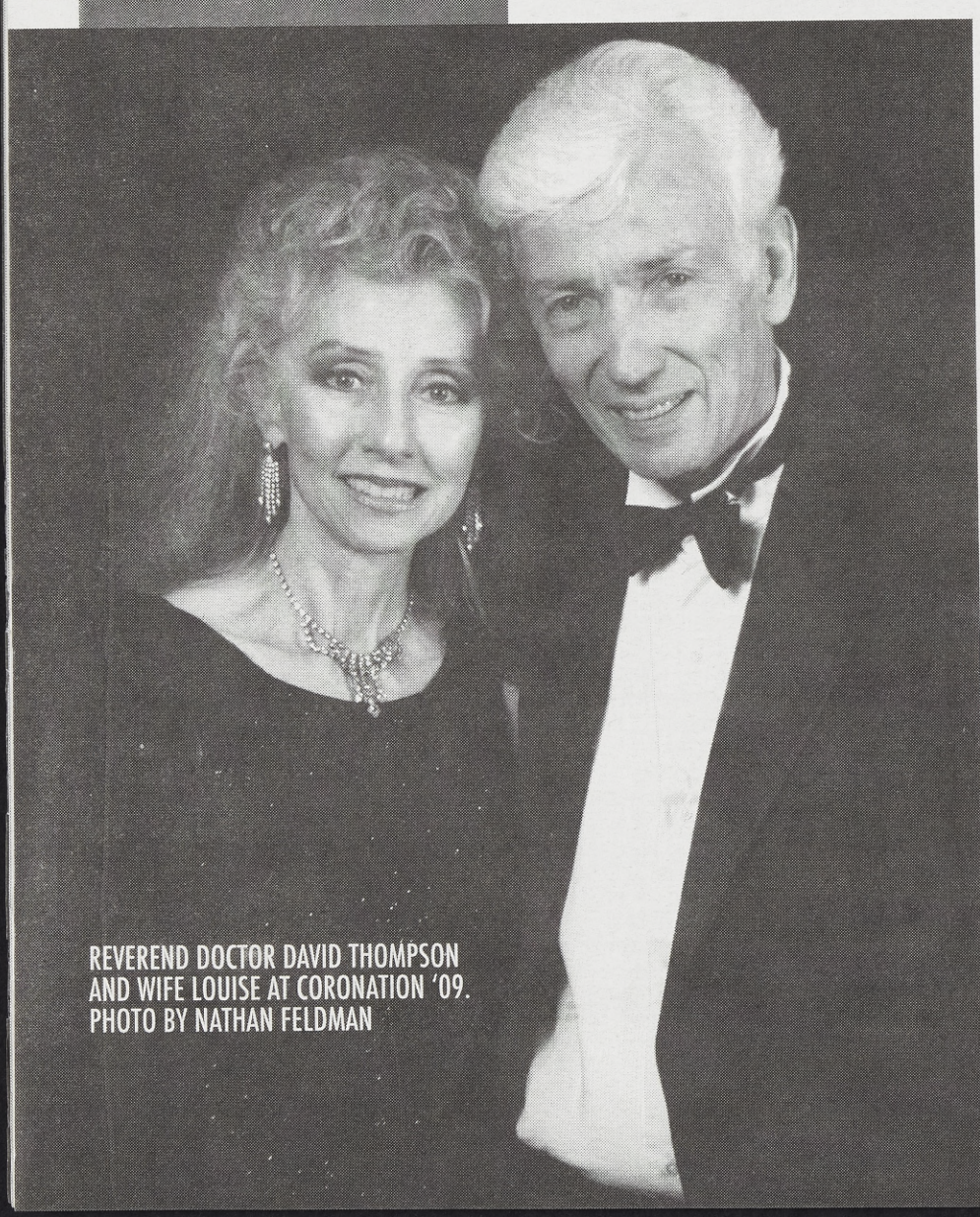
Thank you to all that were able to attend the Cantina/HOPES Fundraiser, it was a great success! A big thank you to the Cantina Los Tres Hombres, a good time was had by all. Love those margaritas!! Hope to see you at our upcoming events! Francis' Asian Bistro - 6/1 Reno Aces Fundraiser - 6/13. email me at chris@nnhopes.org Photos by Christina Fegert



REVEREND DOCTOR DAVID THOMPSON AND WIFE LOUISE AT CORONATION '09. PHOTO BY NATHAN FELDMAN

Minister Terminated at Westminster Presbyterian Church

BY JERRY SLOAN

Months after the Sacramento Presbytery of the Presbyterian Church in the USA started an investigation of undisclosed charges by a six member commission of the Presbytery of the ministry of the Reverend Doctor David Thompson at Sacramento's historic Westminster Presbyterian Church located on N street across from the Capitol at a May 11, 2009 meeting at the church it was announced Rev. Thompson has been put on administrative leave pending negotiations of his severance package.

Rev. Thompson is an employee of the Sacramento Presbytery not Westminster.

In the April, 2009, minutes of the Presbytery posted on the Internet it was reported the commission had met 11 times, talked to 29 people in person or on the phone, met with several of the church committees, talked to 8 staff members, and received 28 pieces of correspondence from the congregation and 16 letters from the community "to help with Dr. Thompson's evaluation."

Westminster, which now bills itself as "A house of prayer for all people," was the typical downtown church in decline with an aging membership when Rev. Thompson became pastor and under his guidance the church has experienced growth with in influx of younger families and many new gay parishioners who have become an integral part of the church.

Rev. Thompson has long been a strong supporter of the LGBT communities and is often speaker at marriage equality rallies.

While many may not know him by name most recognize him by his bright white hair.

Many of the members supporting him feel he has been targeted because of his support for the LGBT communities and his defiance of a controversial edict the Sacramento Presbytery passed a couple of years ago forbidding churches in the presbytery from ordaining LGBT members as elders and deacons.

Presbytery offices are located at 9985 Folsom Blvd. and the phone of the Stated Clerk, Caroline Knight, is 916-414 2080 ext. 25.

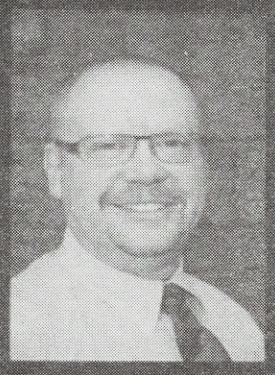
GENDER COMMUNITY SAFETY SEMINAR

June 6, 2009 1:00-4:00pm

Sutter Cancer Center
2800 L Street
1st Floor, Classrooms 1-4
Sacramento, CA

workshops on:

safety awareness



Lt. Stephan Thorne

local law enforcement

Capt. Dana Matthes

emotional trauma

David Nylund PhD, MSW

self-defense

Midge Marino

LGBT people and those perceived as LGBT are being targeted for violent crimes in Sacramento. ***Now is the time*** to take responsibility for our personal safety and self-defense. We, the gender community, are pledging to take action in partnership with families, allies, working professionals, and law enforcement. Promoting crime prevention and its principles is the first step. Building a foundation to put an end to hate crimes within our community through mobilization, education, and organization is essential to protecting ourselves, our children, and our loved ones. ***Together we can make a difference!***

Lt. Stephan Thorne of the San Francisco Police Department is the highest-ranking out transgender law enforcement official in the country. Lieutenant Thorne will speak about safety awareness and interacting with your local police.

Central Area Commander Capt. Dana Matthes and officers from the Sacramento Police Department will discuss measures being taken by local law enforcement and how we can help improve our personal and public safety.

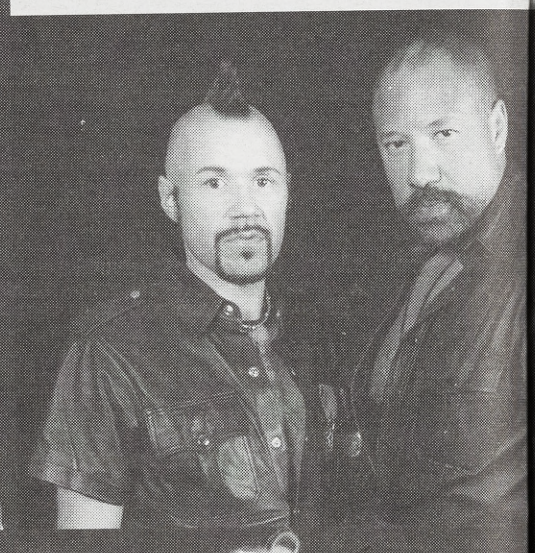
David Nylund PhD, MSW will discuss from a counselor's perspective personal safety, avoiding danger and coping with the emotional trauma of abuse, harassment and violence. Dr. Nylund is an author, associate professor of social work at California State University, Sacramento and clinical supervisor of counseling services to the Sacramento gender community.

Self-defense instructor Midge Marino will give a workshop on self-defense and personal safety techniques. Midge Marino is a self-defense expert and Kinesiology professor at California State University, Sacramento.

Hosted By

SacTGC
Sacramento Transgender Coalition
www.sactgc.org

Coronation - Sacramento - Precious Cargo and Santos Rosales put on the show along with hundreds of their closest friends. Monarchs from all over graced this event as Precious and Santos celebrated a years worth of charity fundraising and made room for the new Emperor and Empress, Tony and Chelsea. Santos and Precious will be distributing funds raised this year by the end of summer once the final numbers have been totaled. The new Emperor and Empress Tony and Chelsea will be investing their court on May 24th at club 21 at 6pm. Photos by Nathan Feldman and Jay Lensch.



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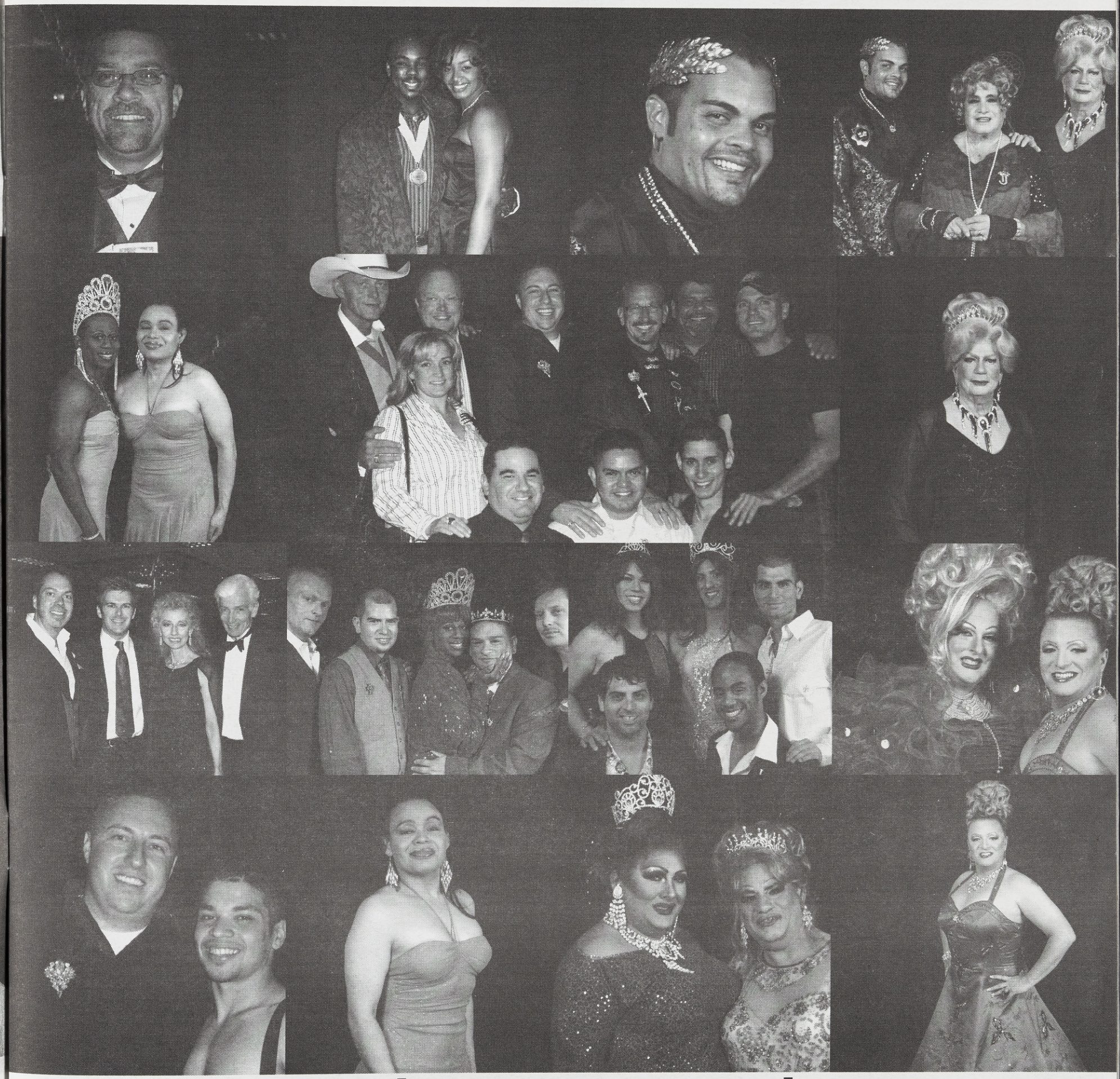

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John Rizzi Glassworks - Guerneville - As with many of the local artists John Rizzi is working long hours preparing inventory for the busy summer season. This cute shop is packed with a diverse collection of fine glass artistry priced reasonably. If you visit on a slower day and enter quietly you can sometimes catch John working on one of his latest creations. Photos by Nathan Feldman

HEAD HUNTERS

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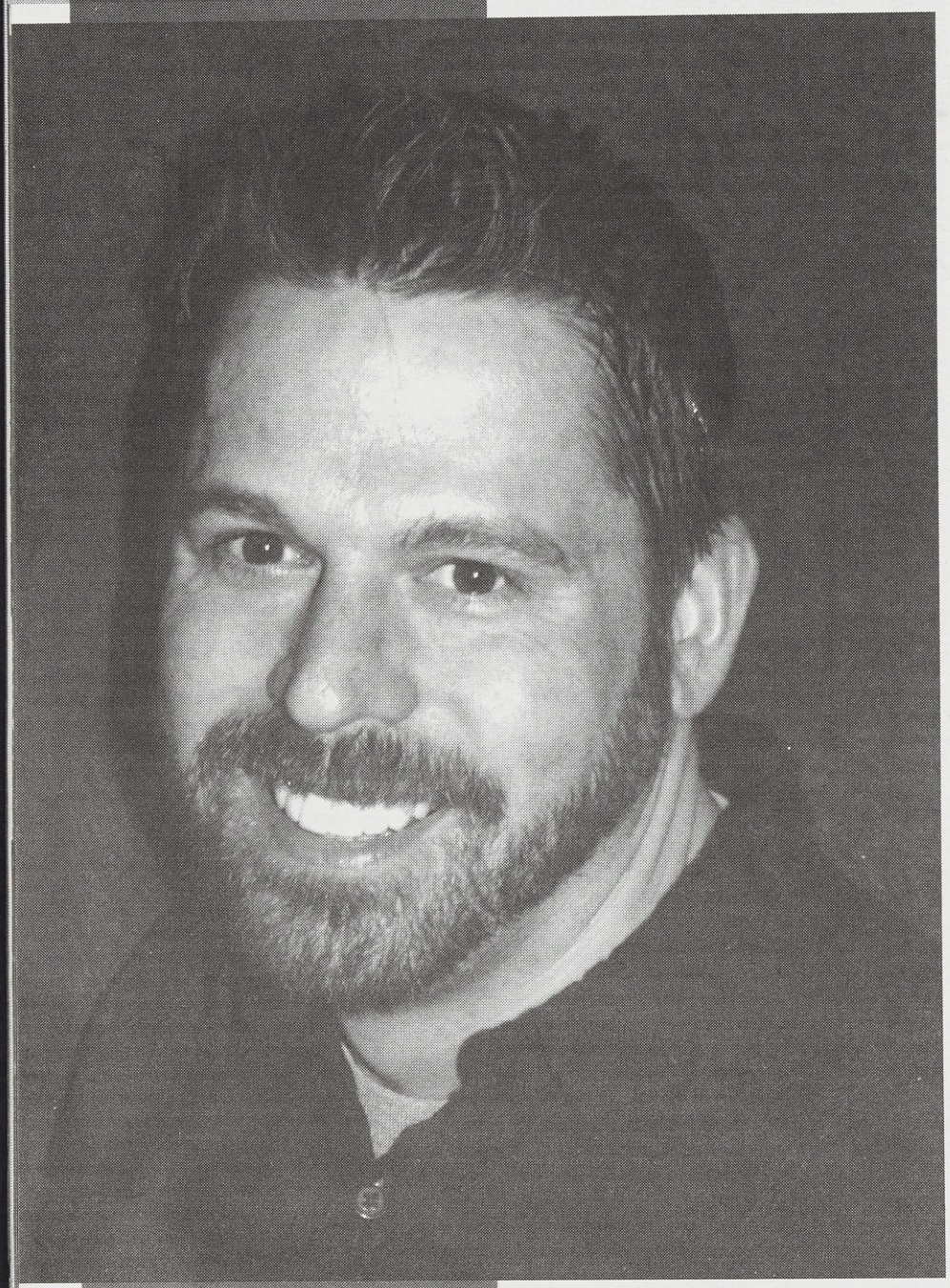


INTERVIEW BY MATTHEW BURLINGAME
PHOTOS BY NATHAN FELDMAN

The Sordid Lives of Steve Thompson

You may have seen him hanging out at the Depot or Badlands. If you're lucky you've seen him on stage at Lambda Players' new production of* Sordid Lives*. If you're not so lucky, you've seen him from a hospital bed. He's described by Michael Kennedy of Kennedy Gallery as, "an amazing friend" and by the director of Sordid Lives as, "a diamond of talent in the rough" From the ICU to the stage, Steve Thompson lives his life to the fullest while trying to help others do the same.

Are you native to Sacramento? (Playing off one of his lines in the play *Sordid Lives*) I'm 34 years old, I was born and raised in Sacramento, I'm an actor and I'm gay. Now you know why I've needed 27 therapists! (Laughs.)

What were you like as a kid? I was a nerd — skinny, had few friends and gay. It was Heaven! (Laughs.) Actually, it pretty much sucked most of the time, but it wasn't all bad. I have some good memories, some bad — nothing to terrible though. No abuse or major tragedies in my youth, thankfully.

Are you close with your family? Very close! My parents are amazing. I don't think anyone really appreciates their parents until their older and I certainly do now. I was really close to my Grandmother who passed away last September one month shy of her 90th birthday. I miss her a lot. But, the last few years were very hard for her. Her mind was completely intact, but her body was just wore out. She's not suffering anymore, so I'm grateful for that. It killed me to see her so miserable, but I still miss her though.

At what age did you know you were gay? Was coming out hard for you? People have a hard time believing me when I tell them I've known since I was five — same time Ty's mama knew in *Sordid Lives*. (Laughs.) In kindergarten I saw some of the girls trying to kiss all the boys & I thought that was a good idea, so I tried it to. The teacher told me that boys don't kiss other boys and I guess you could say that's when I went back in the closet. It was really hard coming out to my family, but they had completely the opposite reaction than what I thought they would. Now, in reflection, I wonder why I waited so long.

Why did you decide to go into nursing? That's a funny story, but the short version is that I was a computer finance major and part of that program involved taking a science class. Within one semester I realized that I had a knack for anatomy and physiology. So I studied and got my EMT license. I spent a couple of months riding in ambulances, but kept getting carsick from all the bouncing around in the back of the rig. When a patient looked up at me from the gurney one day and asked me, "Are you OK?", I decided it was time to rethink my career. (Laughs.) I applied for a job in the nursing pool at Sutter and have been there ever since.

What's your official nursing title? I'm a Unit Secretary/Patient Care Technician/Monitor Technician. Kind of a Jack-of-all-trades I guess you could say.

What exactly do you do? I've worked in the Surgical ICU at Sutter Memorial Hospital for over 10 years now. Most of our patients are recovering from Open Heart Surgery. We also do recovery for patients having brain surgery, vascular surgeries, or other surgeries requiring ICU observation. I joke to people when they ask what I do, that I'm like Radar on "M*A*S*H". I'm kinda the go-to guy for everything. I coordinate all patient care for all the patients in the unit. I answer the phones, deal with patients, family, nurses, doctors, Ancillary Depts., as well as maintain the day to day operations of the ICU.

What's a typical day like for you? Never boring! (Laughs.) But, I'm like a duck — above the water I'm gliding across the surface, underneath the surface I'm paddling like hell.

Does working in this field make you more health conscious? I don't know if it makes me more health conscious, but I try my best to stay in shape. Work is so crazy, busy most of the time though that I have developed pretty awful eating habits. I really need to work on that. Working in the medical field though gives me an importance of how precious life is and how so many people take their health for granted.

What's the upside? I have been able to take better care of my family and friends when they have been in the hospital. I know what questions to ask and I'm not afraid to question doctors or nurses about issues concerning my friends or family. Usually they are glad for my input. Unless you are being a royal [pain in the ass], most doctors and nurses welcome input from a patient's loved ones. It helps them give better care to the patient. Never be afraid to ask questions, or to have something explained to you.

What's the downside? Crazy hours, high stress levels and not really wanting to do anything on your days off except veg on the couch!

Are you out at work? Yeah.

What's it like being gay in the health field? I've had my share of homophobia, but for the most part the medical field is very gay-friendly and has been for decades.

Are there a lot of opening gay people in your line of work? Tons. Doctors, Nurses, Ancillary Depts. Want me to name them? (Laughs.) Just kidding.

What health advice would you offer people? Blood goes round and round, air goes in and out — any variation on that is a bad thing. (Laughs.) No really, things you should not ignore: chest pain = possible heart attack; slurred speech, paralysis, loss of vision = possible stroke; numb and/or cold limb = possible blood clot; the list goes on and on. I think everybody should know the minimum basics of the how the human body works, what it needs to keep working and what the signs are when it's not working properly. Everything has an owner's manual these days. Shouldn't we have one too?

How did you become involved with Sordid Lives? I watched the movie with some friends on a camping trip and became a fan. When I found out Lambda Players doing it two years ago I really wanted to audition. My partner, TJ Bruce, was just getting ready to open Badlands and I decided he needed my help with the opening, so I didn't audition. It was really hard to let an opportunity like that go by, but I couldn't take that much time away from helping TJ. After Badlands was open and running smoothly, a friend of mine on the cast of Sordid Lives told me that the guy set to play Ty had dropped out a week before opening night. I auditioned against three other guys and got the part. If that wasn't fate, I don't know what is. When I was asked to do the role again, I was thrilled to accept it.

Do you have anything in common with the character of Ty? A lot actually. We're both gay actors who are close to our moms. Ty is a very emotional and sensitive person. He spends a lot of time analyzing what his feelings mean and why he feels the way he does. I can relate to that.

Is acting something you would like to do more of? There are a hundred things I wish I had more time to do and acting is certainly one of them. But my main focus right now is going back to school. I am trying to get into a Physician Assistants Program. It's a huge commitment once I get in, but it will be worth it.

What do you enjoy most about the show? It's a great play with an awesome cast. But, my favorite part is getting to work with Bethany Hidden again. She has such a lovely voice and is a kick in the pants to be around.

Are there any groups or organizations you are active with? Not in any official capacity, but TJ and I sponsor, volunteer and contribute to many different organizations that benefit the LGBT community.

Any events or promotions you'd like to plug? Just one. My best buddy, Bobbie Blackstone, is opening his new salon "Black Butterfly" above the Depot soon. If anyone is in need of a good stylist or colorist please give him a shout.

DEL SHORES'
SORDID LIVES
A LAMBDA PLAYERS PRODUCTION • DIRECTED BY MATTHEW BURLINGAME
MAY 1 - MAY 30, 2009 • FRIDAYS & SATURDAYS 8PM
STUDIO THEATRE 1028 R ST., SACRAMENTO
916-444-8229 • LAMBDAPLAYERS.COM
Sacramento Metropolitan Arts Commission
MGW
www.VRP.info
"Bringing Communities Together"
BADLANDS DANCE CLUB
Outword magazine
BOLT Sacramento

BY JENIFFER WERTZ

The Housing Market: Are We Still Blowing Bubbles?

I honestly don't think anyone expected the housing bubble to not just burst, but take down the entire global economy to the extent that it has. Many people didn't think there even was a bubble. Those that did think there was one, never predicted it would be this bad. The majority of us aren't anywhere near being an economist, and even those who were didn't agree. How were we to know what to expect? Everything seemed just wonderful. I've been right smack dab in the middle of it (on a ground level) for the last 8 ½ years, and I've learned a little bit about what's been going on behind the scenes. I'd like to share my take on some things with you, and point out the dirty little secrets I know about what's being billed now as solutions to the problem. I do this because I hope we will stand up against injustice, and find honest solutions through honest means.

My opinion is that everything appearing to be economically wonderful during the mid 2000's was no accident. There are certainly plenty of fingers to be pointed around, and even I'm not completely immune to some blame being sent my way, but I'll tell you, I'm much more ethical than 95% of the people I've worked with in the industry. Greed, and the thought "everyone's doing it, so it must be OK" can really make people lose their minds from what I've seen. Bad training should be thrown in the mix for fairness sake. Still, I don't think this situation was caused by homeowners buying things they really couldn't afford, mortgage brokers doing anything it took to intentionally process as many liar loans as they could, or even banks encouraging all of it and intentionally selling bad loans (that's why banks make bad loans, they sell them to someone else and tell them it's good). I think you gotta look up a little higher than that though.

These things never would have happened if the banking regulations would have been enforced, but they weren't. You wanna know why? The Bush/Cheney train wreck told the regulators not to enforce anything. Let's see, how can we take control of the oil from the Middle East (Bush was an oil guy, although he sucked at it), make a Trillion dollars for Halliburton (Cheney was a former Executive with Halliburton, who they privatized and outsourced the war to), and keep the American people fat, dumb and happy so they don't object? Hmm, let's spend 10 Billion dollars a month taking over the Middle East by force and build permanent military bases there, hire Halliburton to do it, and let the banks, Wall Street, and real estate go crazy. The citizens will all just go out and buy Hummers and be happy, then we can sell them $5 a gallon gas and make a bunch more money off of that, making our oil buddies really happy. Yeah, that will work, let's do that. Conspiracy theory? Maybe, but it sure does all fit very nicely into place retrospectively. It has to make you wonder, doesn't it?

The important question though is, what do we do about it now? Have we woken up from our Hummer coma? I'd like to think so, and I think the election of Barack Obama is a reflection of us having woken up to some extent, but we really need to keep paying attention. We're still unemployed, so upside down in our houses that we don't know what to do, and probably going to have to pay $10 a gallon for gas someday soon. We all have to have the attitude that enough is enough in my opinion. No more greed, selfishness, and complacency will work for any of us. Anyway, I want to talk to you about the newest housing remedies, and focus on the problems that are appearing with them.

Let's start with the newest mortgage term – "loan modification". This is currently the worst offender. The same mortgage brokers who got you into the bad loan in the first place now want to SELL you a way out of it. This is a complete scam designed for them to make more money from you. They haven't been able to sell you bad loans anymore, because you don't have any equity left because of all the bad loans. Now, they want to sell you something else. Homeowners are desperate enough to find a way out that they want to believe them, but what they're not telling you is, if you qualify for a modification, you can get it for free. You don't have to pay their $4,000 commission. All you have to do is call your bank. Just pick of the phone and call them. Believe me, you won't be the only one, and they will have someone to transfer you about 15 times to tell you what they need from you. The other really scary thing to be weary of is, some of the modification companies are just going to steal your money and not do anything for you. I wouldn't consider paying anyone a dime for this.

If you would like to do some research, just visit www.hud.gov or call 1-888-995-HOPE (4673). The Making Home Affordable program is right on the top of the front page on the HUD website (Department of Housing and Urban Development) right now. There is a 5 question questionnaire that lets you know if you're eligible. You can find out the facts, instead of paying money you probably don't have for a sales pitch.

As a side note, someone recently told me it lowers your credit score 200 points if you get a modification, which really irritates me if it is the case, but I don't know much about it yet. I will try and look into this, stayed tuned.

Next on the list (maybe it should be first) is FHA financing — Let me start by saying, not all mortgage brokers are crooks, you just have to be very careful that you are dealing with an honest reputable broker. Ask a lot of questions, and if you don't get honest reasonable answers, maybe you may need to find another FHA approved broker. Use your sense and be careful of slick talkers.

FHA financing is not funded by FHA. FHA financing is insurance for banks to make loans they normally wouldn't, which is guaranteed with taxpayer dollars. The intent was to help lower income people be able buy a reasonable house. While this is a worthy intent, it is not immune from corruption. Oh, and they also handle reverse mortgages for seniors, who could potentially be the weakest of all victims when it comes to someone losing their house and all their life savings.

The Congress passed a bill called "Hope for homeowners" in October of 2008, to insure $300 billion worth of home loans. They intended to get people out of sub-prime loans and into FHA insured loans instead, so as to stop the foreclosure problem. We really do have to stop the foreclosures somehow, and FHA is a good program with affordable fixed interest rates, as long as it's not abused. Unfortunately, were there is money, there is greed.

They've raised the loan limits on FHA financing. Per the FHA website, the limits for Sacramento County are currently between $580,000 - $1,115,400 for 1 to 4 unit properties. That sounds a little high from where I sit. Really high. The median price for all single family residences sold in Sacramento County within the last month is $165,000 per the Multiple Listing Service used by local real estate agents. 4-plexes over the last 6 months, $200,000. What did you say those limits were again? Did I read that right?

Yet, my biggest problem with FHA is from an appraiser's perspective. Appraisals are critical because they determine how much the collateral is worth, which then directly dictates how much debt will be allowed. Recent legislation has been enacted that no longer allows mortgage brokers to select which appraiser they want, because they pick the appraiser that will give them the highest appraisal (which leads to fraud). FHA is exempt though. Hmm, why is that?

FHA approved appraisers are placed on a roster on the FHA website. Mortgage brokers routinely go to the website, find all of the appraisers in a given area, then start doing what we call "dialing for dollars". They call up the appraiser and usually say something like "I have this order for an appraisal. Can you tell me how much the property is worth (site unseen)? If the property is worth enough that the deal will work, you can have the order." If the appraiser says no (as they should be if they are following the law and FHA guidelines, but many, many do not), or gives them a number lower than what they want, they call the next appraiser on the list until they get the property valued much higher than it's worth in many cases. While the appraisals may get reviewed sometimes, many get through somehow. I know for a fact that FHA is aware of this practice and does nothing. I have spoken with a very high ranking official there, and was told "it's always been that way, and we don't have the resources to deal with it". It was also said, but carefully worded, that if appraisers complain too much, FHA might not use them anymore. So, if you don't hit the number, lie, and commit fraud, you don't get the work. Many have chosen to go along so that they can keep food on their tables. I kind of don't want to do FHA appraisals anymore, because I don't want to participate in fraud; however I too need to keep food on the table, and pay my taxes. I try and just balance it by only working for the few honest ones, which are pretty tough to find. For any of you that are honest and are reading this, thank you so much.

Now, I know some of you are thinking, I want my house to be worth more, but it's really not good to get an inaccurate high value. I can't begin to tell you how many homeowners say "give me a good appraisal". Their definition of good of course is high. The end result if your property is over valued is that you owe more in debt than you have in equity, which is kinda what happened to our housing market, isn't it?

Yeah, I know we're trying to avoid foreclosures through expanded FHA financing and other programs, but are we setting ourselves up for more of the same, with taxpayers (you and I) paying the bill again in the near future? Can we really afford it? Aren't we already imploding now? I care about these issues more as a citizen than as an appraiser. I don't think we have even yet begun to see the social problems that are the end result of this mess. Enough is enough, and it's up to each and every one of us to learn from our mistakes, not be greedy or selfish, and try not to be complacent about those that are. It's really all of our faults.

This is the health issue so I am going to write about a health issue which affects millions of Americans and appears to be a growing threat to our national health, diabetes.

There are two types of diabetes, Type 1, often referred to as Juvenile Onset Diabetes, which means the person probably has diabetes from birth but often is not discovered until pre-adolescence and is often serious enough that when discovered the child must immediately be put on insulin therapy and remain on insulin therapy the rest of their lives.

Type 2 diabetes is usually caused in people like me who are over weight. It generally can be "managed" with diet and oral medications. Symptoms can be constant thirst, frequent urination, and lack of energy.

Before I was diagnosed, I was constantly sipping on a 32 oz. glass of water, urinating every 15 or 20 minutes and it took me all day just to wash dishes. (The dishwasher was broken, so to speak). Denial is also a frequent symptom of diabetes.

The weight thing can be a real catch 22 because one is not burning off the fat, one gains weight. Over my lifetime I have averaged gaining about 5 pounds a year. While that doses not seem like much, as it accumulates, it becomes more and more of a problem. Fortunately, I have lost 40 pounds in the last year and am determined to continue to lose until I have lost at least 100 pounds. I really need to lose 150 pounds.

Diabetes is caused by the body failing to properly utilize or produce insulin in the body to convert sugars into energy.

And, like HIV/AIDS, the fastest growing segment of our population being affected by diabetes is the African-American, Latino and Asian/Pacific Islander populations.

While there is much research being done to combat diabetes it is still the leading cause of over 90% of amputations that take place in our country.

Most of these amputations are caused as the result of the diabetic failing to notice a sore on the foot which gets infected and by the time it is noticed it is too late to save the foot and amputation is necessary.

A diabetic should make it a daily ritual to examine for any kind of sore or crack in the skin on their feet. Often times cracks which can lead to infections appear in calluses. If little cracks are found, a skin lotion should be applied to keep the skin soft and prevent infections.

Diabetes can cause the nerves in the legs, feet and hands to deaden. This condition is called neuropathy. I have talked to several diabetics with this condition who failed to do the daily foot exam and went weeks with a tack pressing into their foot. Feeling no pain, by the time they noticed an infection it was too late. They lost their foot.

If the diabetic is on Medicare he/she can obtain a pair of shoes once every two years designed to prevent sores on the feet. They should consult their podiatrist or healthcare provider about obtaining this benefit.

I have had neuropathy in my feet and legs for several years and have found it more and more difficult to walk any distance, climb stairs or stand for more than 10 minutes. For that reason I have taken to the use of a cane as a walking aid and a walker with a seat when going to rallies and such where there is no place to sit.

For more info on diabetes check out www.diabetes.org.

ON THE FOREIGN FRONT

Doug Ireland in the April 30, 2009 issues of the Gay City News reports: "Ali Hili, the 33-year-old gay Iraqi exile who coordinates the association Iraqi LGBT, which is headquartered in London but has members and informants throughout Iraq, told Gay City News that he has also been able to confirm the use of lethal anal torture. "We have had reports, increasingly over the last four or five days, about the use of this technique not just in Baghdad but in smaller town and cities all over Iraq," Hili said by telephone. "We have reports on seven young men who have been through this horrible experience in which they were arrested in the south of Iraq and had their anuses sealed, or 'locked' as the torturers say.

Our sources told us that hospitals all over Iraq's southern region have received so many cases of similar incidents where men have had their anuses glued, but that what makes the situation even worse and more lethal is that they have been refused treatment in hospitals when they sought it because of homophobia.' ... As of this week, Hili and Iraqi LGBT have documented 617 cases of assassinations of LGBT people since a death-to-all-gays fatwa was issued by Grand Ayatollah Ali al-Sistani, the spiritual leader of all Shiite muslims in Iraq, in 2005. The murder campaign of "sexual cleansing" of homosexuals has intensified in recent months, with 70 new killings since December alone."

The U. S. Embassy in Bagdad on April 14 responded to Representative Jared Polis, (D-CO), the first openly gay man to be elected to Congress, about his request for them to look into the plight of gay men in Iraq, "We have seen the international media report according to Amnesty International, as many as 25 men and boys were killed over the past few weeks by militia or relatives influenced by religious leaders who have publicly condemned homosexuality. (We are aware of but cannot confirm reports that the toll may be higher and may include children.) Reports from Embassy contacts familiar the areas where some of the bodies were found suggest the killings are the work of militias who believe homosexuality is a form of Western deviance that cannot be tolerated."

Representative Polis' office had no comment on Doug Ireland's article or if his office is doing anything to monitor the situation of LGBT people in Uganda and Nigeria. They also failed to comment if they are doing anything to monitor Scott Lively and the activities of Watchmen on the Walls around the world.

In Uganda, people are being blackmailed in order to keep from being revealed as gay and are paying the blackmail whether they are gay or not.

Marriage fever has struck in Moscow as two sisters are presenting themselves on May 12 at the Moscow Marriage Registration Office to request a marriage license. I will let you know the results of that request in the next soliloquy.

Out brothers and sisters in Moscow are making their fourth attempt to conduct a gay pride march on May 16.

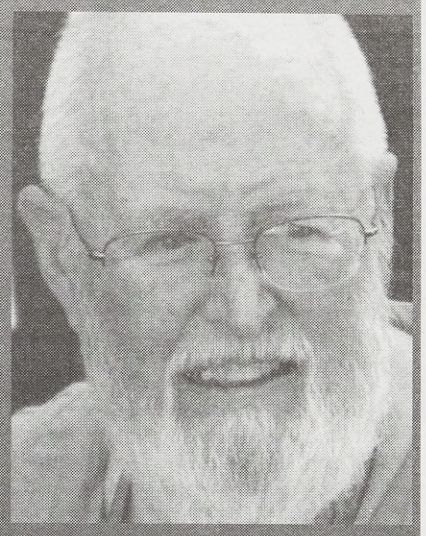
Three previous yearly attempts to obtain a permit for a march have been denied by the mayor.

When gay pride demonstrators attempted to march they were set upon by fascist skinheads and little old ladies of the Russian Orthodox faith flailing at the pridesters with icons of the saints resulting in injuries to several of the marchers and arrests of the leaders of the march.

I will report how Slavic Pride goes in the next issue. Kudos to the organizers of the march for their firm theme for this celebration, "Gay Equality! No Compromise."

No dreaming or magic for them in the struggle for LGBT rights!

And on a lighter note, kudos to Great Britain which has no First Amendment guaranteeing freedom of speech the government there has banned the Phelps Klan from entering their country. They do not want hatemonger's entering their country.



JERRY SLOAN AT AGE 71 IS AN OUT PROUD GAY MAN AND HAS BEEN FOR 48 YEARS, HE SUCCESSFULLY SUED THE LATE REV. JERRY FALWELL AND THE PROCEEDS HELPED FOUND THE LAMBDA COMMUNITY CENTER (1986), HE IS ALSO COFOUNDER OF THE ANNUAL LAMBDA FREEDOM FAIR (1984) AND A FORMER MCC CLERGY WHO IS NOW A HAPPY ATHEIST. MRLAMBDA1937@GMAIL.COM

Sloan's Soliloquies

SOLILOQUY: TALKING WHEN ALONE (TO ONE'S SELF AND NOT BEING CRAZY, LOL): THE ACT OF SPEAKING WHILE ALONE, ESPECIALLY WHEN USED AS A NEWSPAPER COLUMN THAT ALLOWS THE WRITER'S IDEAS TO BE CONVEYED TO THE READER

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REVIEW & PHOTOS
BY ROBERT APPLEGATE

Celestin's

CELESTIN'S RESTAURANT
1815 K. STREET, SACRAMENTO
916-444-2423
CELESTINSEATS.COM

Color, vibrant colors greet you at Celestin's restaurant. From the outside, to the inside with its Haitian framed flag folk art, to the beautiful watercolor by Mama Celestin, and lastly and most importantly, the food. It's all a beautiful medley of colors.

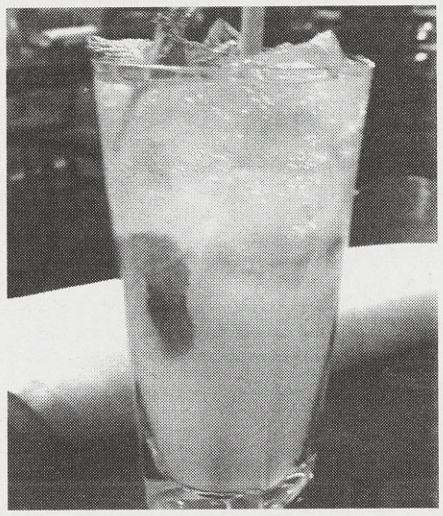
While I am adventuresome, there are some foods I have yet to try. Not because of fear, but more as our region has so many different kinds of foods that we often get stuck with our usual host of tried and true. Caribbean and Cajun cuisine never really passes through my mind when trying to decide what to have for dinner. After eating at Celestin's, this most assuredly has changed. The food was nothing short of spectacular. I may have been in downtown Sacramento, but I felt as if I had been transported to a land far away.

My dining partner for this review was my lovely daughter Jenn. She had heard of the restaurant and walked by many times always admiring the colors and smells from outside, but had never ventured in. When I told her I wanted to review the place she stated she had over the years heard wonderful things about their Mojito's. So, it was a lunch date.

You can't miss Celestin's on K. Street. It's one of only a few places in the vicinity with real color. In this monochromatic world we live in right now, all restaurants seem to be boring brown with white table clothes, chrome accents and maybe a color splash here and there to keep you awake. You don't have to worry about that at Celestin's. Color abounds in this place. Bright blues, pinks, greens greet you at each turn. It's different, it's nice. Music playing in the background is Haitian music or reggae, something different ... something fun ... something that let's you know you are in for an exciting experience.

As we sat, the very welcoming staff asked if we would like a drink from the "Voodoo" lounge. Having heard so much about the Mojito's it was an easy nod of the head "yes!" They arrived promptly and were sheer perfection. Not to sweet, the rum not overpowering, simply put: Perfect!

Our lunch started with Chicken Empanadas house made of course (as is the entire menu). They were piping hot, full of wonderful moist seasoned chicken. The empanadas came with a cilantro-lime cream sauce, which was perfection. They were polished off quickly and I continued to dip my finger into the sauce as it was so yummy! Next we had fried Calamari.



Perfectly seasoned and meaty. The calamari was fried and served with two very different dipping sauces. The first was a remoulade sauce that was very tasty, reminiscent to a spicy tarter sauce, the second however was unmistakable and something I had never had before. It was a ti-malice sauce, which in Haitian translates to "little devil" sauce. It was flavorful, a bit spicy and had a soft warm vinegar taste. We used all of it up and asked for more. So different than anything I had every tried before.

For our main courses we opted to share two very different entrees. The first to arrive to the table was the salmon salad. Beautifully presented, colorful (as stated many times already) and almost to wonderful to dig in, but dig in we did. The rather large salad consists of a plentiful size piece of poached salmon, French feta cheese, mixed organic greens, asparagus, tomatoes, red onions, two slices of flat bread and a creamy Dijon dressing. The dressing did not over power the dish, it complemented all the fresh ingredients. I asked the chef (and owner Colin) what the dressing was, as actually it was so smooth and creamy and I would not have thought it to be a Dijon dressing. Colin stated that he emulsifies his dressing into this creamy luxurious sauce and adds just a touch to the salad, so that the flavors from the food are forward, with the dressing just in the background. The dish was outstanding.

The second entrée was from the Seafood, Meat, and Poultry section of the menu. Paella. Served over the best saffron rice I have ever tasted was a medley of chicken, sausage, tiger shrimp, and scallops. Celestin's does not skimp on quality or quantity. This dish amplifies this. It was plentiful, colorful (again that word), and so delicious that my daughter and I fought over the leftovers.

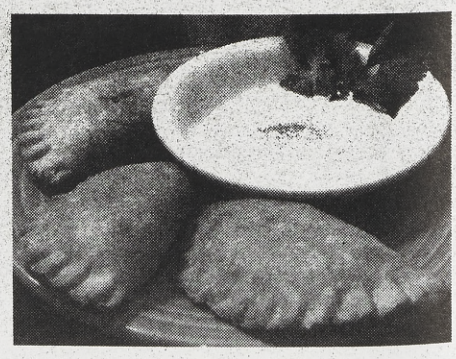
I review lots of restaurants and always enjoy the experience, but there was something very unique about Celestin's. Not only were the owners so kind and gracious, they actually cared about the food and the dining experience. This is rare today. There is a reason this restaurant has been in business since 1983. Celestin's opened its doors in 1983 on J. Street, and in 2001 moved to the current location. It's still a family run business with one of the owners present at all times ensuring a quality meal. All the recipes are family recipes that have been passed down and changed very little. The passion in the kitchen is as clear as the passion at the front of the house. Every employee that walked by the table smiled and asked if everything was okay, not so unusual, but what was unusual is that you could tell they really cared. Passion for their food, their restaurant, your experience was evident by each staff member.

The menu has something for everyone including vegetarian dishes. The back of the menu is full of beverages including beers,

wine, champagne and specialty cocktails. When you go experiment and try something different. My recommendation is the Luxury Mojito made with Barbancourt 15 year rum, Kenwood Yulupa Cuvee Brut, lime and mint. Treat yourself to something luxurious … you're worth it!

OK, so if all that was not so cool what is even cooler is that they have two happy hours!! They have a Happy Hour Tuesday-Sunday from 4 - 6 p.m. with drink and appetizer specials abound. They also have a Late Happy Hour on Friday-Saturday nights from 9 - 10 p.m.. Two happy hours ... how happy can that make you! Celestin's is open every day except Monday (these artists deserve a day to themselves!). They are open for lunch and dinner. Check out their website at celestinseats.com

Go in, tell them MGW sent you, order a Mojito some great food and prepare to be impressed!



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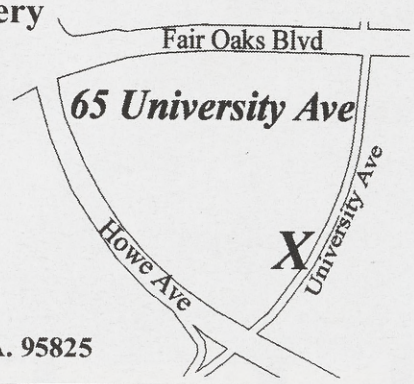

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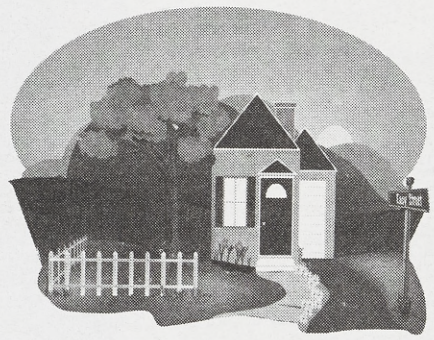

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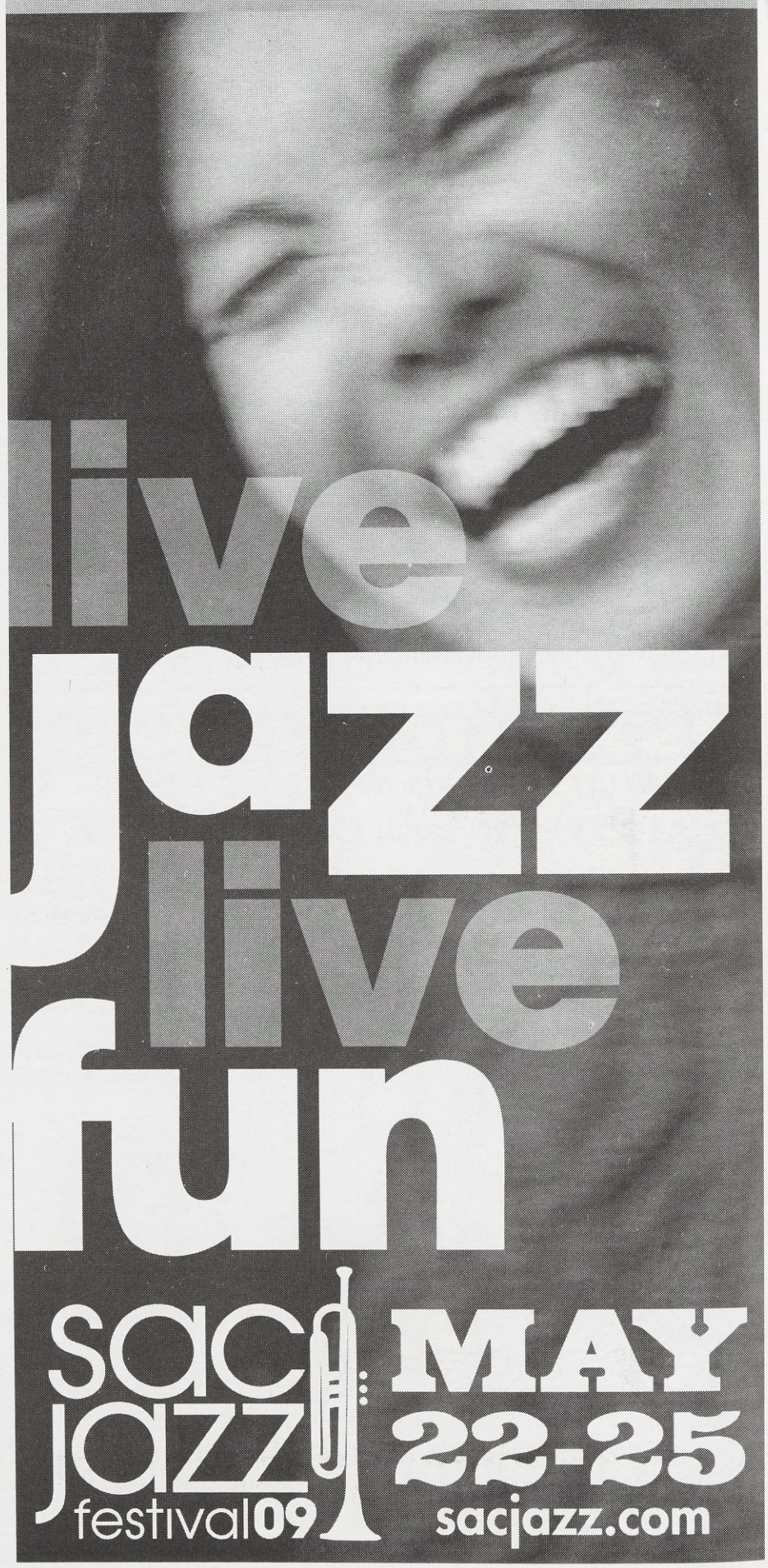

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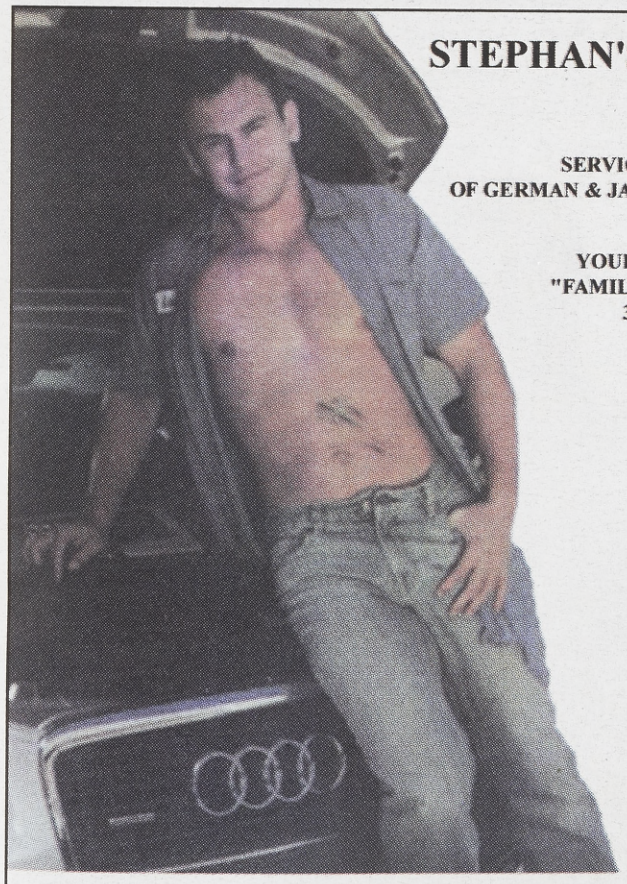

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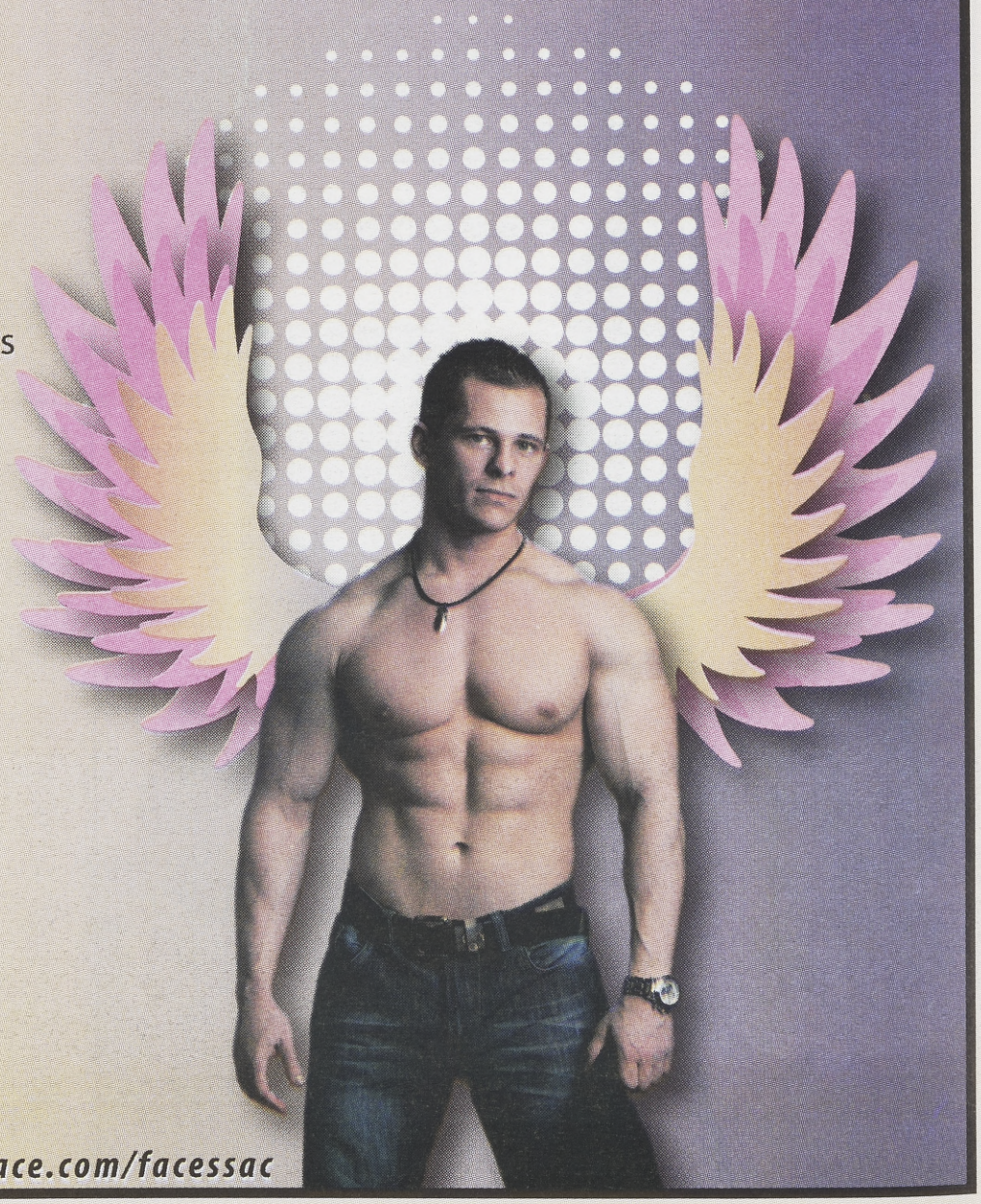

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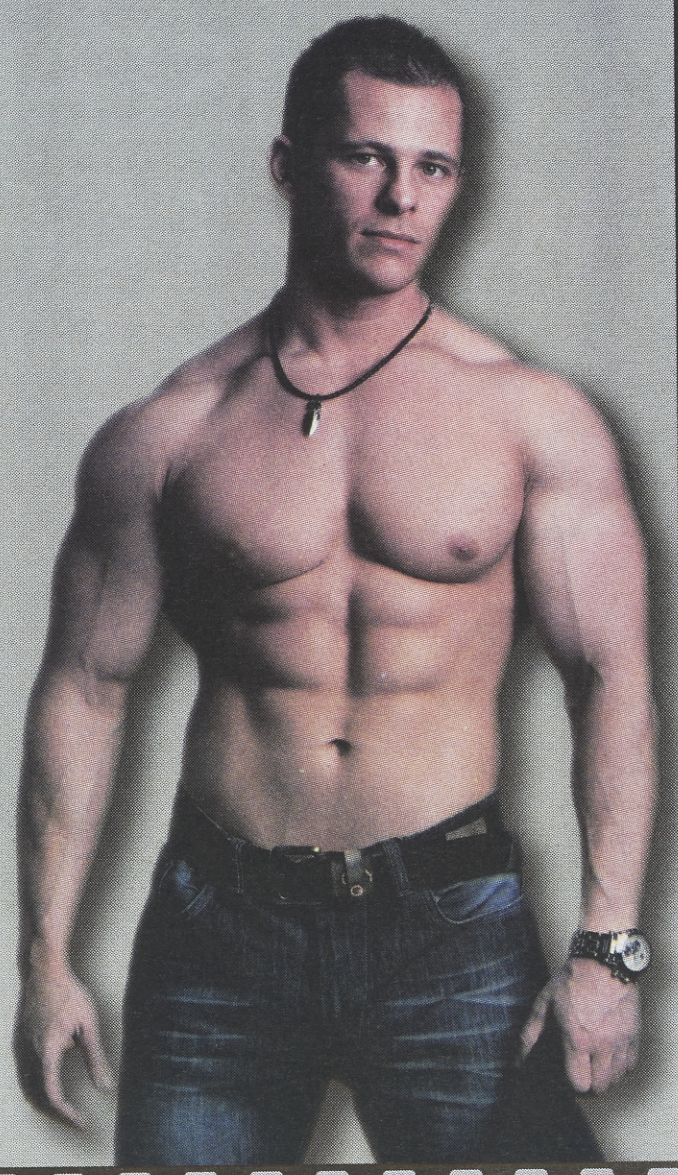

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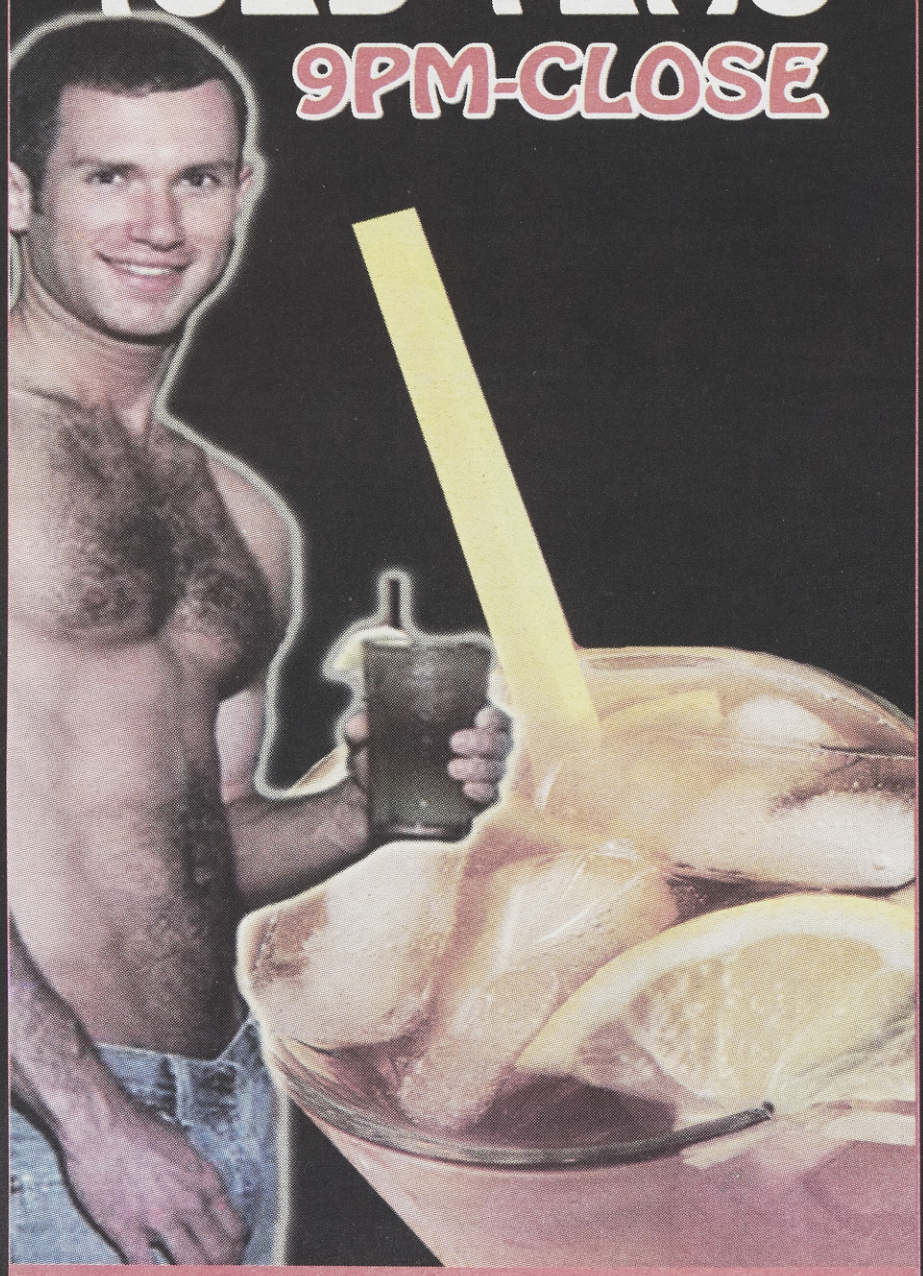

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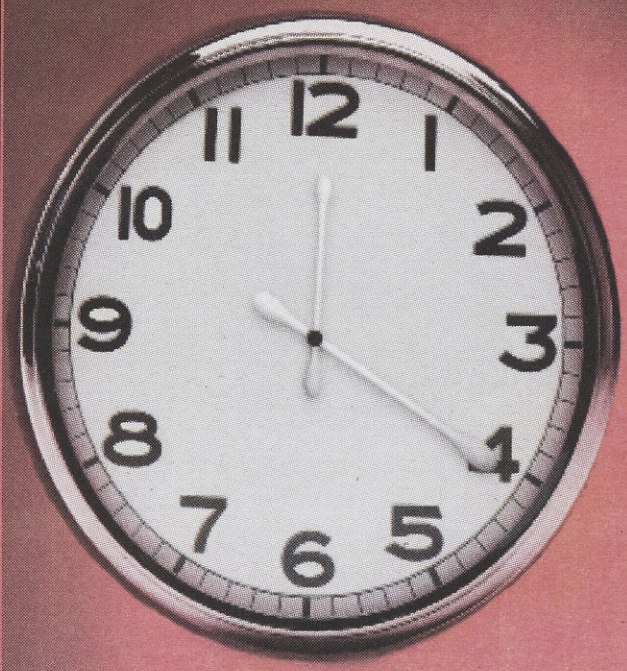

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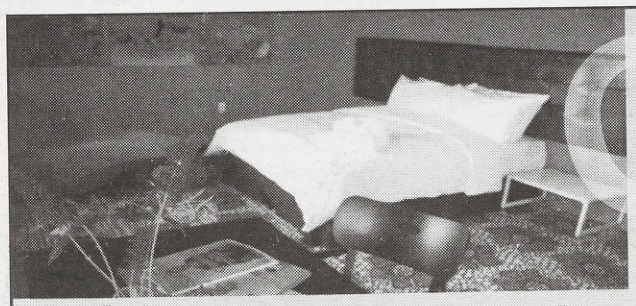

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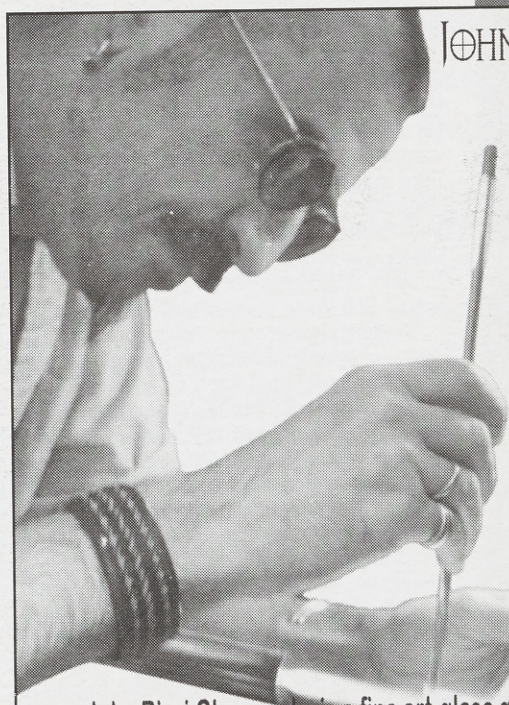

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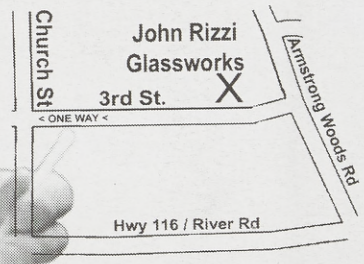

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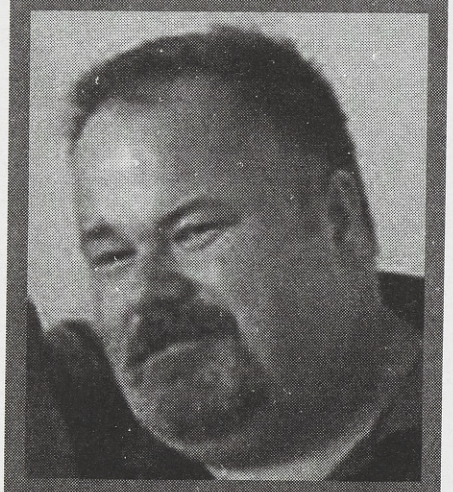

TOM SWANNER HAS BEEN A FILM REVIEWER FOR 10+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 25-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY OBESE DAUGHTER (READ DOG) "HONEY".

BRIAN JUDD HAS BEEN A FILM REVIEWER FOR 6 YEARS. HE LIVES IN SMALL APARTMENT WHERE A PORTRAIT OF ANITA BRYANT HANGS OVER HIS BED SO HE CAN POINT AT HER AND LAUGH DAILY. HE IS ALONE AND BITTER AND LIKES IT THAT WAY.

Swanner & Judd

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BATTLE FOR TERRA

Swanner: The peaceful alien planet Terra faces annihilation as the homeless remainder of the human race sets its eyes on their planet. Mala, a rebellious Terran teenager, will do everything she can to stop it. I know most people aren't even going to know what this film, is but it's one you might want to look for if you're not in the mood to see the crappy *Ghosts of Girlfriend's Past* or that other movie that has something to do with the *X-Men*.

Judd: Still can't let go of the snub for the *Wolverine* screening, huh?

Swanner: *Wolverine?* ... Haven't seen it.

Judd: I'll take that as a "yes". Wasn't this called *Battle for Terra* at one point? If I remember right, it's in 3D as well. Kids like that 3D stuff — and I don't like kids.

Swanner: Depending on where you look it's either *Terra* or *Battle for Terra* ... either way it's worth the search to find it. There weren't that many kids, but they would like the movie and I think you would, too. This is more than just a movie about aliens battling humans. Firstly, the humans are the bad guys. They find this planet and plan to kill off the inhabitants and move in — not even a "hello can we stay here, too?" They have been traveling in an ark type spaceship carrying the remainder of life from Earth to find an inhabitable planet. Of course the main bad guy is the General who thinks that all life is secondary to humans. So the poor Terrans are expendable in his eyes. Think Dick Cheney in uniform.

Judd: I'd rather think of Dick Cheney in jail.

Swanner: Secondly, these aliens are kind, gentle creatures — until Mala's father and others are taken by the humans for testing. One of the human fighters is downed and Mala rescues him with the promise he will help her save her father. So there is the conflict of wanting the humans to be stopped because Terra is this wonderful peaceful planet. Finally, I was going to have a stroke if the evil humans were to destroy these wonderful creatures. Let's just say I'm stroke free and I loved the movie.

Judd: Is this just another episode of that terrible *Star Wars: Clone Wars*?

Swanner: No ... this is original. It's a new idea ... imagine that. I really like that the movie is very political. I liked that the bad guy is a conservative religious zealot who has no respect for environment, culture or anyone with a differing point of view. I liked the 3D even though I would have liked the movie if it was a 2D movie. I know this movie was scheduled to come out last year but I think waiting for things to change in this country was the right thing to do. Had this come out during the Bush years the film would have been shunned and the message lost. The movie makes a point that most humans are happy to live in peace and harmony it's just the rare douche bag that makes us all look bad. All said and done, I really liked the movie and I was really glad I saw it.

Swanner 3 1/2 Stars

GHOSTS OF GIRLFRIENDS PAST

Swanner: Before I let you know how much I hated this movie ... let me tell you what it's about. Matthew McConaughey plays Connor Mead, a womanizing photographer who is spending the weekend at his brother's wedding. While there, he tries to talk his brother out of getting married, hits on the mother of the bride, has slept with most of the bridemaids and finally destroys the wedding cake. He's a bad guy ... we get it. While in the bathroom he runs into his uncle Wayne, who's been dead for years, who is warning him that he'll be visited by three ghosts — imagine Charles Dickens spinning in his grave.

Judd: Wait, are you speaking badly about a romantic comedy?

Swanner: So we meet the first ghost, a 16-year-old girl that was his first lay. Why she's a dead 16-year-old they never explain. She takes him on a journey to show him why he's such a douche bag. There is a storyline that follows Jennifer Garner as the girl that got away, but he's such an asshole in the movie you pray they never get together. Once we get to the ghost of girlfriends present I was just hoping the movie would end soon, but I knew we still had the future to go. The movie continued to piss me off by having him be a complete douche bag all the way through every scene.

Judd: So the whole movie is based on "A Christmas Carol"? Did he take off his shirt a lot? I'm pretty sure it's in his contract that he does.

Swanner: The whole point to the Scrooge/Connor Mead character is that we see why he turned into an asshole. We understand how it can happen and when he finally sees the light we rejoice in his enlightenment. I never believed he was changing — but then again he's not much of an actor. He can flash that smile and ham it up for the camera but he never make you wish for the character to change ... you just wish he'd go away and stop destroying the lives of everyone around him.

Judd: I know you're not a fan of McConaughey but it sounds like "you" have nothing good to say about the movie. It's a romantic comedy! It's about a wedding! You should be balling like a teenage girl at the prom! Is there nothing redeeming?

Swanner: The script pretty much sucked. I mean, we're suppose to dislike the character — not hope for his death in the first ten minutes. The supporting cast was good, but the script had just about every female character as either a whore or a bitch and all the men were throw-away characters with the exception of Uncle Wayne (Michael Douglas) who was his womanizing role model.

Judd: Now *that's* typecasting!

Swanner: I wish I could find some reason for people to watch this movie — something to like about it — but I honestly can't. What really bothered me was that the film treats the female characters as badly as the McConaughey's character does. This is an ugly movie and it needs to be ignored.

Swanner: no stars

STAR TREK

Swanner: I knew I was going to love the new Star Trek movie when Captain Pike called for three to head to the planet. Kirk, Sulu and Chief Engineer Olson. To anyone who ever watched any of the series knows that if your name is called and you're not a main character...you're going to die. They didn't let me down.

Judd: Did you notice that he was wearing a red shirt? That's another tip of the hat to the original series. I wasn't sure what to expect from this movie. I like Star Trek, but I'm not a fan. Director/Producer J.J Abrams has a ton of hits and misses under his belt. I truly went to this movie with an open mind, and I was pleasantly surprised. I thought the story was just complicated enough to keep me thinking and the action sequences were grand without being frantic.

Swanner: Don't forget that the cast is really cute. They sure did get a nice mix of good-looking people. I was a big fan of the original series so I was hoping for the best when I walked in the theatre. I think when you play around with classic material you have to make it your own...sure, but you have to please the fans so it doesn't feel like your changing their heroes. I think Abrams balanced that nicely here. The storyline starts on the day of James T Kirk's birth and we follow his life (quickly) to the time he graduates from Star Fleet. Once aboard the Enterprise, Kirk and crew battles a group of rogue Romulans with a very big ship.

Judd: I thought the plot device Abraham's used to make it his own was really smart – he set this new franchise in an alternate time. Nero, an evil Romulan from the future, comes back and changes the course of history. It's so simple that it's brilliant. Abrams has completely reopened the franchise back to the original crew and whatever spins off from there.

Swanner: Exactly, He's basically changed everything that has been made with the time traveling plot. So anything that happens from here is fresh and heaven forbid they might do something that every Trekkie would know...they blame it of the Nero and move on. You're right, brilliant. I really liked how all the characters get introduced, and the relationships that the characters have early on. I didn't expect to have as much fun as I did. I know I would have liked the movie even better if the bratty kid was talking behind us the whole movie.

Judd: I also liked that the characters weren't all introduced at once. We got Uhura, Spock, Bones, and Kirk right off the bat, but the rest of the crew we met one by one as the movie progressed. I know it kept me anxious to see when we were going to meet a new yet familiar friend. And you had to mention that child… Ugh, what the hell is up with parents that feel the need to bring a three year old to a two hour movie? If a parent is that intent on seeing a movie and can't get a sitter, lock the bastard in the closet with some cheerios and a portable DVD player – maybe one of those water dispensers for hamsters. I should not be subject to someone's god awful children because they really wanted to see a movie. You know what? You should have thought of that before you decided not to pull out!

Swanner: Please...it was a cool rainy day. That's what the trunk is for. People should only be allowed to bring children under five to a movie that have animals that talk. It all goes back to people thinking they can do whatever they do at home in the theatre. My motto is "Shut up and watch the movie". Back to the movie review. I thought the film moved great, the action and special effects were top notch. I think what you said earlier is the really star of this film, the franchise has been completely revived. After 40 years I would have thought it was over but this proves me wrong and I'm happy to be wrong...this time.

Judd: I think as long as Abrams doesn't get too carried away and make the characters do something that is way out of line with their personalities, I think they can churn at least three more movies out of this reboot and keep the Original Trekkies happy.

Swanner: 4 Stars
Judd: 4 Stars

Exercise Tips & Secrets

FUELING YOUR WORKOUTS!

Proper nutrition is an essential component to overall health and wellness and the best way to ensure the most effective workout and good performance. What is eaten before, during and after exercise has a major impact on performance, allowing one to maintain high quality training, improve recovery times and to feel good. Remember, what is eaten before exercise can make the difference between an energetic and a tired workout. Follow these basic guidelines for fueling your workouts:

Early Morning Workouts: Within an hour after wake up, eat around 200 - 300 calories. Bagels, raisins, bananas, low-fat granola bars, or liquid meal beverages help avoid feelings of dizziness and hunger. Allow 30 minutes for digestion in order to avoid nausea. Avoid too much fat or protein, since these take longer to digest. Simple sugars (like juice) are absorbed the fastest, but can cause a quick rise and fall in blood sugar, which can make you tired.

Lunchtime Workouts: 1-2 hours before a lunchtime workout, eat around 300-400 calories. Meal replacement shakes or bars, yogurt, fruit (fresh or dried), or oatmeal help avoid hunger and fatigue. Avoid high fat and/or high protein foods, and stick with something that has around 60% carbohydrates, 20% protein and 20% fat. Make sure you eat a balanced meal after your workout!

Evening Workouts: 2-3 hours before leaving work, eat a small, balanced meal up to 500 calories. Best bets: Cheese and crackers, cottage cheese and veggies, fruit with a whole grain muffin. Example: string cheese with low-fat Triscuits and a small can of mandarin oranges. This will help relieve hunger pains that many people experience after exercise so you don't raid the fridge.

After the Workout: Quickly replace some of those calories you burned. The average person has about 30-minutes of ready energy stored as glycogen. Studies suggest that a carb/protein mixture stimulates quicker glycogen replacement over a 6-hour period.

Stay hydrated: Drink 16 or so ounces of water two hours before working out for optimum performance. Sip water throughout and after. Water is the best choice for fluid replacement for up to one hour, then consider switching to a sports drink.

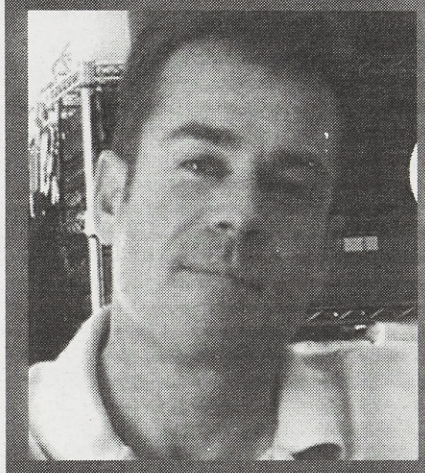
Avoid exercising on an empty stomach: Eating before exercise produces greater stamina and endurance.

Figure out what works! Experiment, and find the right balance of eating and exercise. Every person has a different digestive system and requirements when it comes to nutrition and exercise. Some people can exercise without eating, while others need a full breakfast. There's no general rule for everyone!

WORKING WITH EXPERTS!

To get the most out of a workout program, objective advice from a professional can help get answers to stay on track. We often get set in our ways and habits, which can be a good thing for consistency. However, it's hard to make forward progress when doing the same thing week after week, year after year. Some people like to be instructed. Following a program developed by an expert can take the pressure off, and can bring about new ideas and produce results. Why should one try to figure this all out alone? A professional can give answers and help an individual come up with the best plan quickly, safely and effectively. A professional has seen it all; body types large, medium and small, varying personal abilities, strengths and weaknesses, special conditions and limitations, men and women of all ages from teens to seniors.

Just getting started? Have a professional assess and determine what types of exercise will be most effective. For some people, flexibility, balance and agility may be more important than resistance training or aerobics. By getting a professional assessment, you can determine your strengths and weaknesses and focus on them. This will improve overall fitness balance. Having a professional to trust and to direct workout activities safely and effectively has proven to be a great resource for many people, and can make all the difference in reaching personal fitness goals.



BY MICHAEL COOK
FITNESS-HAPPENS.COM

FEEL FREE TO CONTACT MICHAEL A. COOK, AT 916.813.9009, WITH QUESTIONS, COMMENTS OR SUGGESTIONS. MICHAEL HAS 15-YEARS EXPERIENCE AS A CERTIFIED PERSONAL FITNESS TRAINER, AND IS OWNER OF FITNESS-HAPPENS.COM AND THE EAST SACRAMENTO TRAINING STUDIO.

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Red Bull Joins Sierra Stampede Rodeo Sponsors

On April 27 members of Sacramento's Capital Crossroads Gay Rodeo Association (SCCGRA) journeyed to the site of this year's Sierra Stampede Rodeo and Festival, to accept a sponsorship check for $1,500 from Pete Moldenhauer of Red Bull. There were smiles all around at the gathering at the Central Park Horse Arena in Rio Linda. The 2009 Sierra Stampede Rodeo will be held June 6-7, 2009. Admission is $10 per day, or $25 for advance weekend package tickets which includes the Saturday night dance.

Red Bull joins an impressive list of sponsors for the 9th Sierra Stampede Rodeo. International Sponsors are LOGO TV and the International Gay Rodeo Association (IGRA). Platinum Sponsors are Wells Fargo Bank and Markstein Beverage/ Bud Light. Other sponsors include: Sacramento Convention and Visitors Bureau, California State Fair, SMUD, Regional Transit, McMartin Realty, Sundance Saloon of San Francisco, Jack Daniel's, Outword, MGW, Badlands, FACES, and The Bolt.

Healthy Fast Food

BY MELISSA VONCANNON

When searching for a quick meal consisting of fresh ingredients, quality meats, and speed of service, one would usually not consider fast food fare. However, there are restaurants in Midtown that offers just that. With a dedication to quality, flavor, freshness, and maintaining the authenticity of the fare, Capitol Dawg is offering Midtown a change of heart with a nostalgic taste.

Many would dismiss a hot dog as the quick and healthy meal they have been searching for, remembering it as a childhood indulgence at a ballpark or barbeque. Yet, one can enjoy several of Capitol Dawg's options without the guilt of sacrificing calories.

Several of the "dawgs" contain ingredients prepared fresh daily. Such toppings include shredded lettuce, sliced tomatos, and diced onions, and over 38 more topping options for dressing your dawg. The most popular option is a Chicago style #7 Prop 51. With an old fashioned beef frankfurter on a poppy seed bun and over 8 toppings, it will only cost you 440 calories.

Enjoy one with an order of sweet potato French fries cooked in 0 trans fat and cholesterol free oil per serving to complete a meal. You can shave 85 calories off of any hot dog by opting for their steamed French roll.

If your looking for a less carnivore approach, you can enjoy a tasty vegan frank, only 110 calories, with several vegetarian and vegan topping options. These include a vegetarian chili that provides customers with as many options in customizing their experience.

Top off your order with a diet soda, Vitamin water, organic tea, or a bottle of water, and you can satiate your hunger with a hearty meal that with spark your taste buds in a timely manner without the guilt of fast food consumption. Capitol Dawg 1226 20th Street between L & Capitol. www.capitoldawg.com

Official Sacramento Pride Week 2009 Event Application

Official Sacramento Pride Week 2009 Event Application

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PRIDE 2009

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Host an Official Sacramento Pride Week event, with a portion of proceeds supporting the work of the Sacramento Gay & Lesbian Center. In return, your event will be included on the official Pride Week 2009 Schedule at www.sacramentopride.org, in e-mail promotions, in news releases and in Outword Magazine's official Pride Planning (May 28) and Pride Guide (June 11) issues.

The Pride Week (June 13 - June 21) kicks off with 2nd Saturday in Midtown. SacPride Rally (State Capitol), Parade (down 7th Street), and Festival (Southside Park) will be held on Saturday, June 20, 2009.

Event Title:

Event Day/Date: | Start Time: | End Time:

Location:

Description of the event:

Event Host/Sponsor (i.e. business/organization name):

Contact person: | Telephone #:

E-mail: | Fax:

Mailing Address (if different from location):

By registering this event as an Official Pride Week event, I hereby agree to contribute the following portion of the proceeds from the above listed event or a specific donation to support the work of the Sacramento Gay & Lesbian Center:

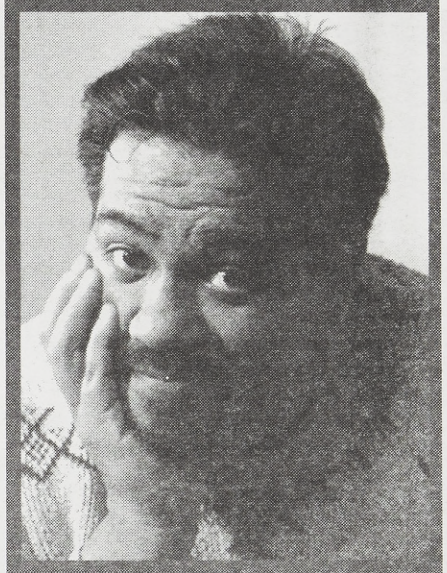
Example: $1 from each drink sold (specify minimum)
$3 cover charge per guest (specify minimum)
Cash donation (specify amount)
Quarter Century Club (for more information go to http://www.saccenter.org/donate) (specify amount)
In-kind product/service donation (specify type)

Signature, Event Host/Sponsor:

Please return application to: Sacramento Gay & Lesbian Center
Attention: Luis Gomez
1927 L Street, Sacramento CA, 95843
(916) 442-0185 Office
(916) 325-1840 Fax

Register online at www.sacramentopride.org

Advice From a Shrinking Fat Man



HUMORIST AND SATIRIST DONALD E. MARSHALL IS A 35-YEAR-OLD GAY MAN LIVING IN HOLLYWOOD, CA WHO RECENTLY MADE SOME CHANGES IN HIS LIFE. OVER THE PAST YEAR, HE'S LOST 180 POUNDS BETWEEN DIETING, EXERCISE AND GASTRIC BYPASS SURGERY. HIS LIFE IS CHANGING QUICKLY, AS IS THE WORLD HE LIVES IN. THE LOCAL ALL YOU CAN EAT CHINESE BUFFET HAS GONE OUT OF BUSINESS. TRAINERS AT THE GYM NO LONGER HIDE UNDER THE DESK WHEN HE WALKS BY AND HE'S EXPLORING THE WHOLE NEW WORLD OF FASHION, DESPITE THE PROTESTS OF LOCAL SALESGIRLS. BEST OF ALL, HE'S LOVING LIFE IN A WAY HE HASN'T IN YEARS! SHRINKINGFATMAN@GMAIL.COM

I've developed a dangerous habit.

This habit is consuming my life in so many ways that I've determined I'm in desperate need of help. It devours my income. It monopolizes all my time to the point that it's cut into my work life and has all but eliminated my hobbies. It's literally wasted my body away to a fraction of its former size, to a point where friends pass me on the street without recognizing me.

My habit is my personal trainer. If you'd told me two years ago that my largest monthly expense would be to pay off a muscle bound gym bunny to work me over twice a week I'd have had something else entirely in mind. Instead, I give all my money to a sadistic bastard in exchange for him making my life miserable twice a week. I imagine it's like being married.

As of yesterday, I've officially lost nearly 180 pounds over the past 15 months, putting me 60% of the way to my goal weight. The secret to my success? Mostly eating less, a positive mindset, supportive friends, and – possibly – the fact that I surgically rearranged my intestines using gastric bypass surgery. But a key, vital element that can't be ignored is my trips to the gym … and twice weekly visits with Johnny Angel, personal trainer.

Each time I say the name "Johnny Angel, personal trainer", please picture a trim athletic man with a shockingly good head of hair shooting both fingers at you with a massive grin and a little wink. Then add a small 'bling' of light reflecting off his perfectly white teeth. With this image in your mind you will easily understand the absolute, visceral hatred I have for this indecently nice and charming human being.

Building a relationship with a trainer seems to be a difficult thing. Everyone wants something different from their trainer, and each trainer offers a different set of pluses and minuses. I can't help but comparing the process to adopting a new pet. True, most trainers are capable of feeding and walking themselves, and rarely have accidents on the rug outside of the occasional wild weekend bender. But aside from that, you need to make sure that the "breed" of trainer you pick out is right for your needs and lifestyle. I'm currently compiling a book of the different breeds I've come across so far. Here's a brief overview of the three most common breeds I've found in California; my thanks to the National Audobon Society for helping me name them.

• The Double-gunned Buzzcut: This breed is known for their extremely short, military style haircut and massively developed upper body, especially overdeveloped arms. Advantages of the breed: Strong weight lifting knowledge, nice to look at while it's spotting you. Disadvantages of the breed: Often ignores its legs entirely, making it somewhat unstable and easy to push over.

• The Spandex-thonged Cheerleader: Perky, upbeat and fond of extremely tight fitting outfits. Always chipper and upbeat, this breed is best known for its high energy and can-do attitude. Advantages of the breed: Infectious, high energy levels inspire higher cardio levels during work outs. Disadvantages of the breed: Easily distracted by shiny objects; inability to keep track of numbers when counting backwards. New Yorkers are frequently allergic to this breed.

• The Box-jawed Drill Sergeant: Similar to the double-gunned buzzcut, this breed is better known for the steel rod inserted straight up their keister. This breed of trainer's distinctive features are its commanding voice, rigorous discipline and absolute lack of humanity towards clients. Advantages of the breed: Best motivational breed, ideal for lazy bastards like me who want to quit shortly after throwing up. Disadvantages of the breed: Relishes your terror and feasts on your tears.

Adopting a trainer is a process that shouldn't be undertaken lightly. This is someone that will be responsible for your safety, your progress and, in many cases, your motivation. They will be a partner in your quest for health, and as such will be seeing you at your best and your worst. You need someone who you feel you can trust with these responsibilities, and whose strengths will mesh well with your weaknesses.

When adopting Johnny Angel, personal trainer ('bling!'), to be my personal fitness coach, I'll be honest – I didn't do much research. I'd only interviewed two other trainers, and chose him because he seemed as nervous meeting me as I was of him. That didn't last long, mind you. A session between the two of us now sounds like a tourette's encounter group, with me cussing him out for making me do these insane exercises and him laughing maniacally at my pain (he's got a bit of the Box-jawed Drill Sergeant breed in his background, I think).

Still, he's become the fitness companion that I didn't know I needed. Each week he meets me by the free weights and pushes me a little harder than I do on my own. Each week he looks at my body and points out the obvious positives when I can't seem to see past the negatives. He's become my optimism at the gym, something I still haven't found in myself. But he's helping me build it.

I didn't know trainers did that. I'm grateful.

ADVICE: UNLIKE PETS, YOU DO NOT NEED TO SPAY OR NEUTER WHEN ADOPTING A PERSONAL TRAINER (NO MATTER HOW TEMPTING THE IDEA MAY OCCASIONALLY BE).

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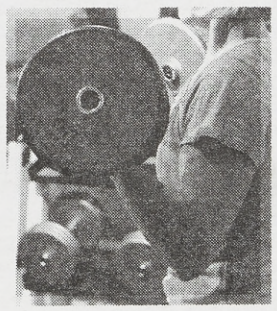
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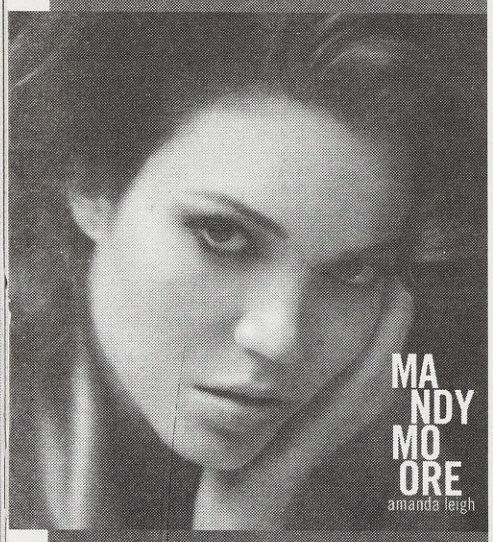
MANDY MOORE
Amanda Leigh



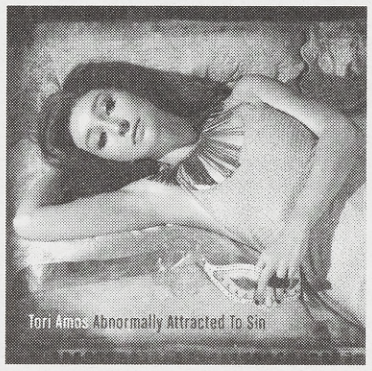
Following her critically-acclaimed previous album, Wild Hope, Mandy Moore returns with the highly anticipated, Amanda Leigh – to be released May 26, 2009 on Storefront Recordings – a new partnership with RED Music.

Co-written by Moore and primarily, Mike Viola, Amanda Leigh was recorded at engineer, Ducky Carlisle's modest basement studio in his home outside of Boston and features an impressive and eclectic collection of vintage equipment utilized throughout the album. Sharing many of the same musical influences of artists such as Todd Rundgren, Joni Mitchell, CSNY and Nilsson, among many others, Moore and Viola set out to create a compelling body of work, in which the instrumentation mirrors so much of what inspired and guided the duo from the onset.

The resulting collaboration, Amanda Leigh (Moore's given name), is a collection of personal reflections and insights about life and love as evidenced in songs such as "Nothing Everything," "Song About Home," and "Love to Love Me Back" – the latter also written with Inara George of The Bird and the Bee. Experimentation was also prevalent and encouraged throughout the writing/recording process, as exemplified in the rather tongue-in-cheek, "I Could Break Your Heart Any Day of the Week" – originally a very alt-country sounding demo that quickly took on a new life with the addition of the clavinet, while "Everblue," co-written with Lori McKenna, simarily transformed with the inclusion of the Farfisa and Wurlitzer.

Moore, intent to tour in support of Amanda Leigh - the debut release from Storefront Recordings, a new endeavor between Moore's long-time manager, Jon Leshay and RED Distribution – adds, "I'm connected to these songs and how they came to fruition in a way I've never been able to articulate before. The entire experience was one that I will undoubtedly replicate."

mandymoore.com



TORI AMOS
ABNORMALLY ATTRACTED TO SIN

Innovative; influential; poetic; bombastic – indefinable multiple Grammy nominee, Tori Amos, has teamed up with Universal Republic Records, it was announced today by Monte Lipman, Co-President and COO of Universal Republic Records. "We're honored to welcome Tori Amos into the Universal Republic family," stated Mr. Lipman. "It was Doug Morris (Chairman & CEO, Universal Music) who originally signed Ms. Amos to her first recording deal, and we're excited that they will be able to continue their association via Universal Republic. Tori has always exemplified the truest spirit of the independent artist, blazing a path for nearly two decades with a legacy of incomparable conceptual breakthroughs; as singer/songwriter; as social commentator; and as one of our most thought provoking visual performers. We're thrilled to be in a position to help facilitate the next chapter of her amazing career."

In a unique venture in keeping with Ms. Amos' and Universal Republic's unconventional approach to the artist/record company relationship, the two powerhouses have joined forces to jointly navigate Ms. Amos next release, as well as correlate other ventures in tandem with Ms. Amos' prolific creative output. Her upcoming Universal Republic debut (her tenth studio album), is currently scheduled for a late spring/early summer 2009 unveiling. Every track on the album will be accompanied by a corresponding 'visualette,' featuring footage that has been captured over the past year. Shot in HD and Super 8, the visualettes will incorporate a documentary style. "Tori is very much looking forward to a fulfilling creative relationship with Monte Lipman and the great team he has assembled at Universal Republic," stated John Witherspoon, Amos' manager, "The intricate development of this unique Audio Visual component to Tori's musical presentation, which she has been crafting through her own Galactic Media company, is indicative of the outlier creative and strategic opportunities both Tori and Universal Republic hope to build upon in this extraordinary relationship."

Ms. Amos' most recent album, American Doll Posse, which has been hailed by Rolling Stone magazine as 'her best album in years,' was released in 2007 to a chorus of rave reviews. The captivating album, like many of her previous efforts, was tethered to a strong conceptual theme, with Ms. Amos inhabiting multiple archetypal female personae, a testament to her willingness to continue to challenge the thematic landscape and emotional currency of the female singer/songwriter.

toriamos.com

MICAELA HALEY
SYREN

Opera-techno-phonic singer Micaela Haley will release Syren on iTunes, micaelahaley.com and other major digital outlets.

In the innovative album, Syren, Micaela Haley puts a unique, alluring twist on some of opera's most famous arias in addition to three original pieces. Micaela exposes the erotic undercurrent of the opera world by infusing her music with influences that include DePeche Mode, Tori Amos, David Sylvian, Imogen Heap and Nine Inch Nails. From heavy breathing to lucid meditations to dark industrial beats of pulsing choruses, Syren offers dynamic, engaging music that transcends reality and captivates listeners by taking them on a trailblazing ride.

At the heart of Syren beats Micaela's fiery streak of defiance against the hypocrisy at play between opera's artier-than-thou veneer and the proliferation of decadence at its core. "People tend to think that opera is so conservative," explains Micaela, "but it is so not. I want to show what really lurks in that world."

Part classically trained lyric soprano, part railing revolutionary performance artist, Mistress Micaela Haley is on a mission to usher opera into the proverbial "new day" by stripping the art form at the seams with her richly conceptualized Syren. The album is Produced & Arranged by Micaela Haley & Lord Byron

micaelahaley.com

What is the status of Hawaiian monk seals and how will the new national monument designation in the waters around the Hawaiian Islands affect them?

Easily exploited by hunters, whalers and fishermen in the 19th century, Hawaiian monk seals essentially never recovered. As early as 1976, the Hawaiian monk seal was listed as endangered under the U.S. Endangered Species Act. The species is also on the International Union for the Conservation of Nature's (IUCN's) Red List of Threatened Species, and trade in the species or its parts is banned under the Convention on International Trade in Endangered Species (CITES).

According to statistics from the U.S. National Marine Fisheries Service, beach counts of populations of Hawaiian monk seals declined by some 60 percent between 1958 and 1996. Today only 1,300-1,400 of the animals exist in the wild, and their populations have declined about four percent annually in recent years.

What makes marine biologists and environmentalists so sad to see Hawaiian monk seal populations dwindle is the fact that the charismatic mustachioed creatures are one of the few mammals known to science to have evolved very little from their ancestral beginnings some 15 million years ago. In a sense, the monk seals are living fossils, and provide scientists with a window in days long gone by.

In June 2006, the Bush administration created the Papah□naumoku□kea Marine National Monument, a 1,200-mile-long, 140,000-square-mile stretch of open ocean northwest of Honolulu. The area is dotted with uninhabited islands and reefs that provide perfect habitat for some 7,000 different species of marine wildlife, a quarter of which, like the monk seal, are found nowhere else on the planet. The establishment of the monument ensures that no development or resource extraction will take place in the area, which is roughly the size of California and is the largest protected marine area in the world. Meanwhile, public access is restricted. And commercial and sport fishing will be phased out there within five years.

The establishment of the new national monument is key to saving the monk seals, as habitat loss is currently their chief threat, given that hunting is no longer allowed. Other threats include incidental capture in fishing gear, ingestion of fisheries debris or toxic substances, a decrease in prey availability—monk seals are carnivores—and even intentional kills, in some cases by misguided fishermen thinking that the seals are competing for their catches. These factors, along with an inherently slow reproductive rate, continue to threaten the remaining Hawaiian monk seal population.

While the protection of critical habitat, such as in Papahanaumokuakea, is an important part of an overall strategy to try to save the charismatic species from extinction, other conservation efforts include learning more about the animals' reproductive habits, the rehabilitation and release of undersized seal pups that would not otherwise make it in the open ocean without help, captive breeding, the removal of marine debris, and the mitigation of other human disturbances—from loud boat engines to oil spills.

Contacts: IUCN, www.iucn.org; CITES, www.cites.org; U.S. National Marine Fisheries Service, www.nmfs.noaa.gov; Papah□naumoku□kea Marine National Monument, www.hawaiireef.noaa.gov.

We will need to replace our house gutters soon. What are our best options from an environmental perspective?

First understand clearly why your gutters need to be replaced. Are they rusted or broken? Are the fasteners no longer holding them in place? Or have the gutters leaked and failed to keep water out of your house? Answers to these questions will help you decide which type of gutter to choose.

Use a material that is the most durable for your climate; ultimately the longer your gutters last, the less environmental cost there will be in the product lifecycle, from manufacturing to recycling. A cheaper product that degrades twice as fast as another would not be the best choice, even if it does have a greener production process: The extra cost of having to fix your water-damaged home—and the health problems that could arise from exposure to mold—would make a "cheaper" gutter in reaiity much more costly.

"Galvanized steel, copper and aluminum are preferred gutter materials," reports Austin Energy, the Texas capitol's community-owned electric utility. Copper is a more expensive, high-end gutter material, as are stainless steel and wood, although wood is used mostly in historical restoration.

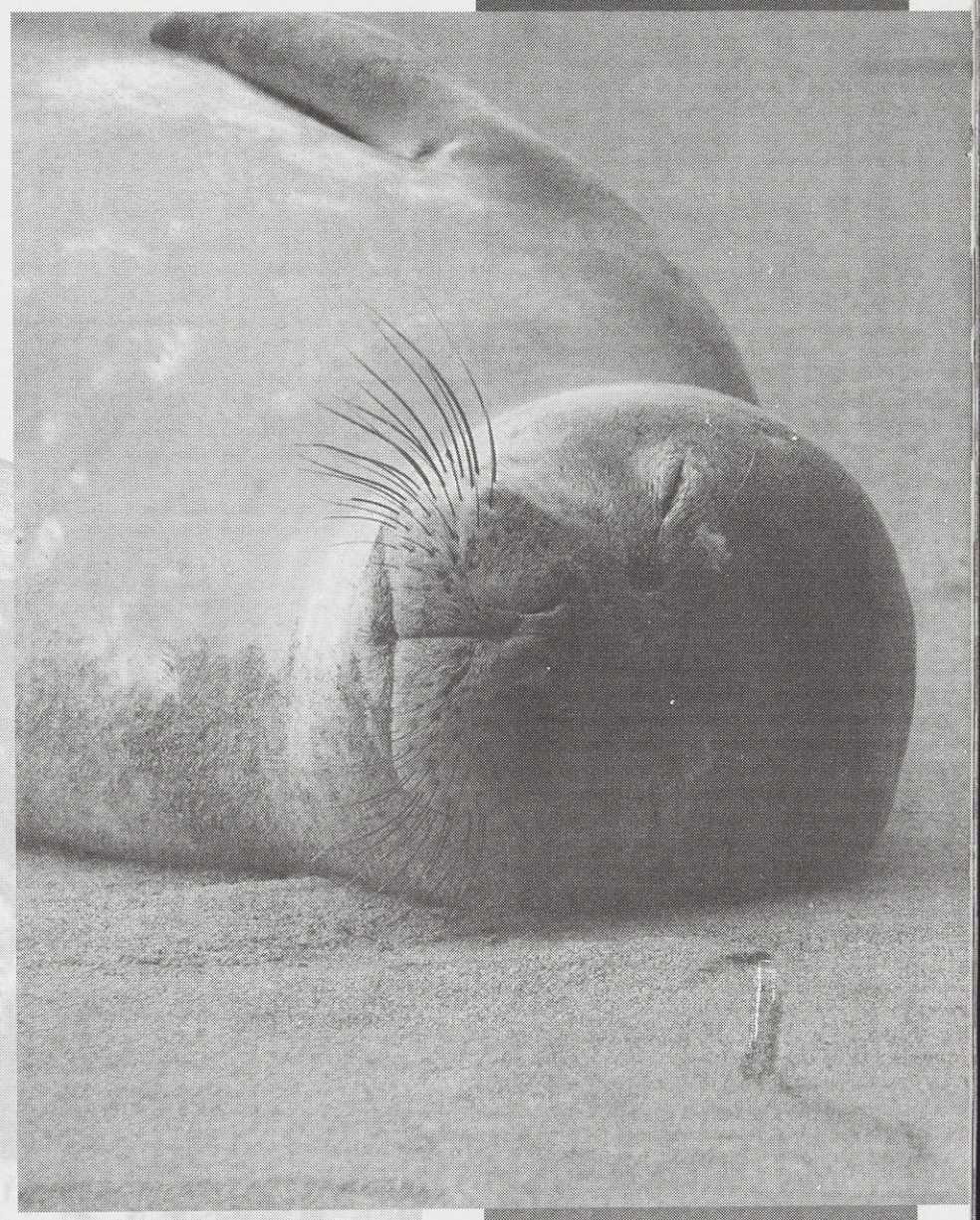
According to home improvement expert Don Vandervort, who writes for ThisOldHouse.com, steel and aluminum each have big pluses. Steel is sturdy, while aluminum will not rust. Copper and stainless steel are sturdy and lasting, too, says Vandervort, but they can cost three to four times as much as steel or aluminum. "Steel gutters can stand up to ladders and fallen branches better than aluminum," he says. "But even thick galvanized steel eventually rusts." He advises buying "the thickest you can afford." Austin Energy says that gutters should be a minimum of 26 gauge galvanized steel or 0.025 inch aluminum.

Polyvinyl chloride (PVC) is also used for gutters, but "can get brittle with age or in extreme cold," says Vandervort, and cannot carry as much snow load as metal gutters. PVC is also not a very green-friendly choice. The Center for Health, Environment and Justice (CHEJ) calls PVC plastic "one of the most hazardous consumer products ever created...dangerous to human health and the environment throughout its entire life cycle." When produced or burned, says CHEJ, PVC plastic releases dioxins, a group of potent synthetic chemicals that can cause cancer and harm the immune and reproductive systems.

Replacing your gutters can be an unfortunate expense, but it can provide an environmental opportunity, because the way you handle your roof's water is important. Consider linking your gutters to a "rooftop catchment system" that captures rainwater in a cistern or rain barrels and can then be used to water non-edible plantings. Efficient water use is a guideline in the U.S. Green Building Council's LEED (Leadership in Energy and Environmental Design) for Homes standard for certifying green-built homes.

Finally, if you have a problem with debris, consider a RainTube. This recycled-plastic gutter insert (which won the 2008 Sustainable Product Award from Green Building Pages) keeps gutters clear of debris, preventing overflow into your house. Of course, cleaning your gutters now and then is probably the best environmental option in that it may head off any need for replacement or modification.

Contracts: Austin Energy, www.austinenergy.com; U.S. Green Building Council, www.usgbc.org; RainTube, www.raintube.com; Green Building Pages, www.greenbuildingpages.com.



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The Highest Call: Every Season Its Purpose

The freedom of running is so pure. The concept is so simple, me versus myself. All I really need is shoes, and solid ground in front of me. It takes a strong desire, commitment, and dedication to get out there every day and put one foot in front of the other. Of course, now that I have been running for some time I have come to rely on a few gadgets. I can't go out for a long run with out my hydration belt which has my electrolyte drink, water, gel, sport beans and heaven forbid I forget my gum! Since I'm training for a marathon I've got to have my GPS watch to help me keep pace, and won't make it too far with out my MP3 player, and thank goodness for my motion control shoes, no bounce synthetic moisture wicking fabric sports bra, technical shirt, tights and socks. In fact, come to think of it over the years the frolicking freedom of running has been replaced by the rigid routine and regimen of "training".

If you become serious about running the victories are often small and deeply personal. None of your friends or family understands as you gush over personal bests and shrug off social events due to long runs or races. And when you explain to your loved ones that a half marathon is 13.1 miles and a marathon is that twice that they will no doubt stare at you blankly and wait in earnest for an answer after they ask, "why on earth you would ever want to run that far?"

A similar thing happens to us all in life as we progress and begin to rack up responsibility. Each morning when we open our eyes the simple wonder and promise of another day is quickly drowned out by screaming children, the barking dog and "honey, where's my ...?" As far as work, few of us have the luxury of doing what we love for a living. We do what has to be done to get by. We find something we are good at and attempt to excel. I personally consider myself a successful, talented, high functioning member of society. Which translated means: I clock 60 to 80 hours a week, never turn off my phone, answer all (okay most) emails, volunteer, work out and cook dinner. I shape my mouth to say NO! I can not possibly juggle one more thing and instead "Sure no problem ... I'm all over it ... I'd love to head that up" comes out. And somehow every time I pull it off sometimes gracefully, sometimes well ... not. I often stop and ask myself, the girl in the mirror why on earth I would ever want take on so much?

Both answers are elusive to some but in my humble opinion one and the same. Be it the race of daily life or The San Diego Rock 'n Roll Marathon, the course may be long and painful but crossing the finish line is sheer ecstasy! Our careers and jobs may at times seem thankless and we all ponder whether or not the time we give ever really makes a difference. It is our nature as mankind to dream big, set goals and look ahead. We visualize the out come and we practice and plan never believing the finished product can be any less than what we imagine.

We find our weaknesses, acknowledge them and move forward. As a matter of perspective things that appear to be road blocks are often the very things that keep us going. We share our desires with our Higher Power and our Higher Power highlights for us our rewards and reminds us ever so gently of the pure nature of it all by granting us gifts and graces such as children, spouses, employment, the income to afford GPS watches and no bounce bras and yes the simple promise of a new day. The small victories add up. The smiles, the gratitude, the feeling of accomplishment at the end of a long day, the hugs and kisses when you finally get home, the wagging tails and the retreat of your partner's arms seem to make running to the finish all worth while.

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National Brand Builder
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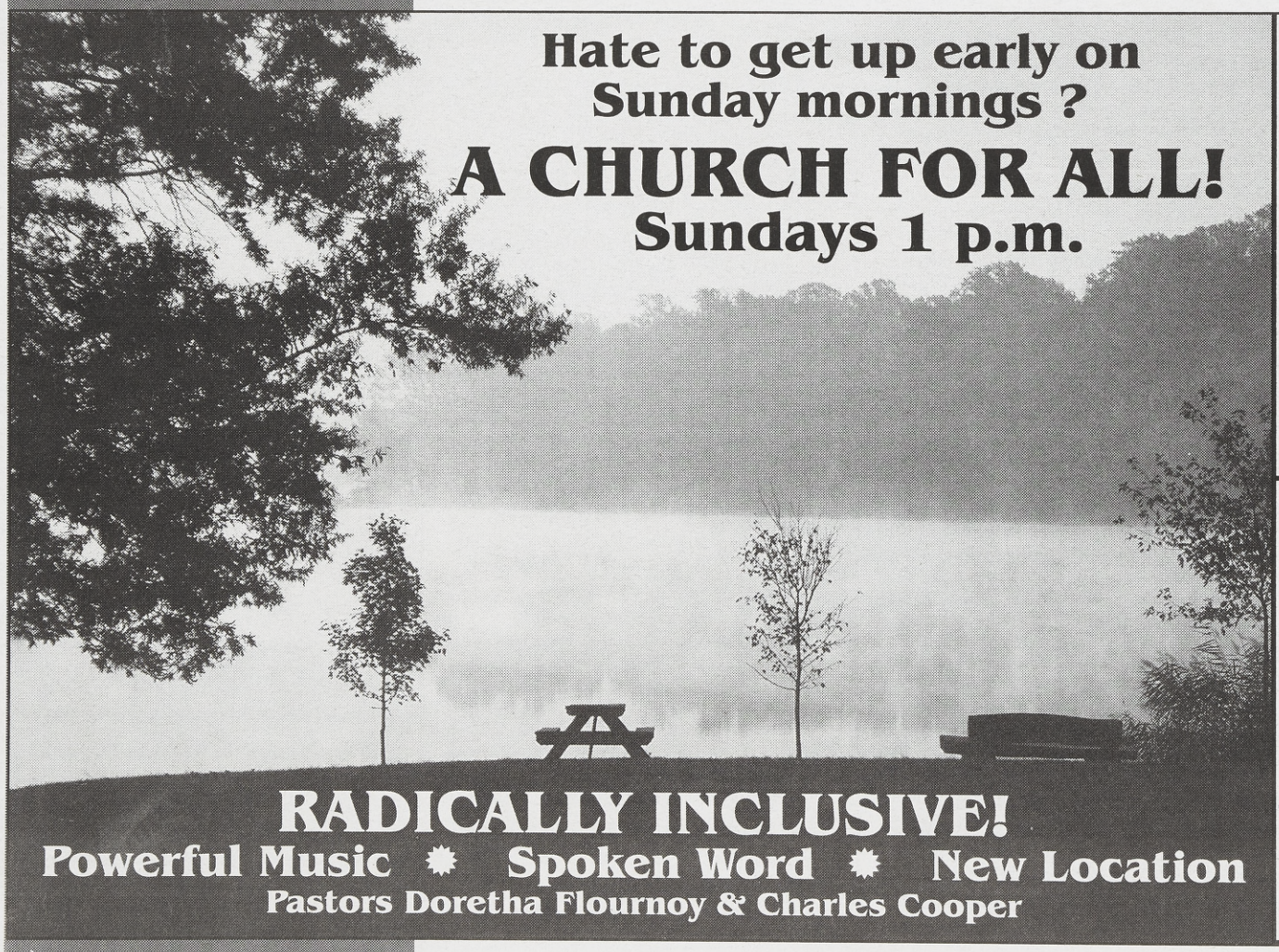

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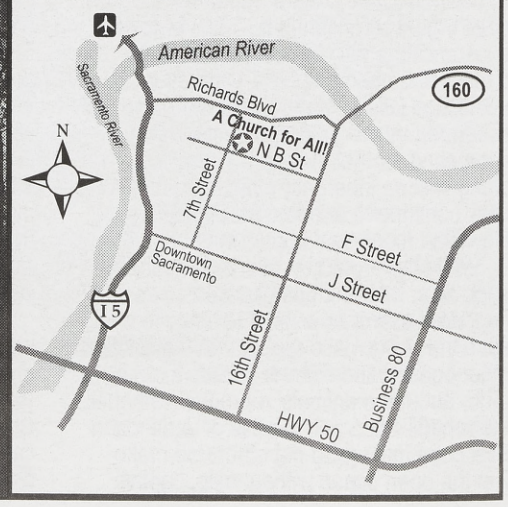

LGBT NON-PROFIT AND COMMUNITY SERVICE DIRECTORY

GAYSACRAMENTO.ORG

GAYSACRAMENO.ORG IS AN ALL-INCLUSIVE, INTERACTIVE INFORMATION AND RESOURCE HUB FOR LGBT SACRAMENTO.

THE SITE OFFERS A SPRING BOARD TO ALL OTHER LGBT WEBSITES IN SACRAMENTO AND KEEPS OUR COMMUNITY INFORMED ON THE LATEST NEWS AND EVENTS AND WHERE TO FIND THE COMMUNITY RESOURCES THEY NEED.

ACTIVISM

Equality Action NOW, a Sacramento based grassroots organization dedicated to mobilizing concerned citizens to promote equality for all. Formed in the wake of Prop. 8 the group works to see that LGBT voices and concerns are represented in the larger community. 916.446.1082, equalityactionnow.org

BARS

1099 Club: 1099 S. Virginia St. Reno NV, ten99club.com 775-329-1099

5-Star Saloon: 132 West St. Reno NV, 5starsaloon.com

Badlands Dance Bar: Mon - Sat 4pm to 2am, Sun 2pm to 2am, 2003 K St., 916.448.8790, sacbadlands.com

BoJangles: 18+, 1119 21st St. (Moving Next To Headhunters Soon)

Bolt Bar: Leather/Cowboy/Bear, Open 5pm-2am Mon - Fri, 2pm-2am Sat and Sun, 2560 Boxwood St., sacbolt.com

Brave Bull, 701 S 9th St., Modesto, 209-529-6712, thebravebull.com

Cadillac Lounge, 1114 E. Fourth St. Reno NV

Club 21: 1119 21st St.

Club Yamagata, 16225 Main Street Guerneville, clubyamagata.com, 707-869-9383

Depot Video Bar: 2001 K St., 916-441-6823, Mon - Fri 4pm - 2am, Sat and Sun 2pm - 2am, thedepot.net

FACES Nightclub: 2000 K St., 916-448-7798, faces.net

Mercantile Saloon: 1928 L St., 916.447-0792

Headhunters/ROK: Restaurant, Bar Service until 2am, 1930 K Street, headhuntersonk.com

Mustang Club, 413 7TH St, Modesto, 209-522-0393

Neutron Bar, 340 Kietzke Lane - Reno

Rainbow Cattle CO, 16220 Main St. Guerneville, queersteer.com, 707-869-0206

Russian River Resort (Triple R), 16390 4th St. Guerneville russianriverresort.com, 707-869-0691

The Patio: 600 West 5th St. Reno NV. 775-323-6565, thepatiobar.com

Tronix: 303 Kietzke Lane, Reno NV

BUSINESS

Rainbow Chamber of Commerce: Business association promoting networking within the gay and lesbian business community and its supporters. rainbowchamber.com

Valley Rainbow Pages: A directory of GLBT-owned and GLBT-friendly businesses in the Greater Sacramento Valley. vrp.info

FAMILY

Camp it Up: (August 3-10) A family camp known for one-of-a-kind gay family vacations, we respect and celebrate all unique families. www.campitup.org

Camp Lavender Hill: A week-long summer camp for children, ages 9-14, of LGBT families. (2008 camp date has passed). camplavenderhill.org

Lesbian Families: A forum for Lesbian couples with children. geocities.com/lesbianfamilies/index.html

PFLAG Sonora/Mother Lode Chapter: Meets on the third Tuesday of Jan., Apr., July, and Oct., 6:30pm, at the Tuolumne County Library. Other events scheduled through the year. pflagsonora.org

Sacramento PFLAG: Promotes health and well-being of LGBT persons, families and friends. Meets the third Tues. of each month at 7:30pm, St. Mark's United Methodist Church, 2391 St. Mark's Way. 916-978-0410, pflagsacramento.org

FESTIVALS - EVENTS

Reno Gay Pride, August 15th 2009, renogaypride.com

Sacramento Pride: (June) Annual Pride celebration for

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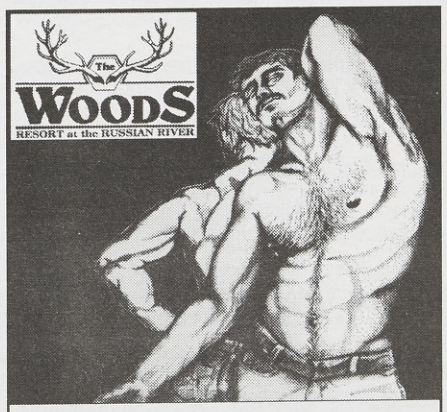

877-887-9218 WWW.RRWOODS.COM
16486 4th Street, Guerneville, CA 95446

SeniorGays.org
Support Group for the Senior GLBT Community

As seniors we face common problems of aging, illness and the loss of friends, partners, and relatives. As LGBT people, we sometimes face estrangement from our neighbors and families. It would be good to unite to form a community of support for each other in Sacramento as well as online. In other cities such organizations have flourished and have provided companionship, fellowship, and mutual nurturing to LGBT seniors.

Sacramento, hosted by the Sacramento Gay & Lesbian center. sacramentopride.org

Rainbow Festival: (Aug. 29 - 31, 2008) Annual LGBT street faire over Labor Day Weekend. Rainbow Festival is Run by CGNIE and takes place at 20th & K Sts. rainbowfestival.com

Sac. International Gay & Lesbian Film Festival: (Oct. 9-11, 2008) Annual LGBT film festival takes place over 5 days. siglff.org

Sac. Earth Day: Annual Festival coordinated by Environmental Council of Sacramento (ECOS), 909 12th Street, Suite 100, 916-444-0022, sacramentoearthday.net

Sonoma County Pride. Guerneville May 31, 2009

GALLERIES

Crocker Art Museum: The longest continuously operating art museum in the West founded 1885. crockerartmuseum.org

Kennedy Gallery: 1114 20th St. Tues.-Sat. Noon to 7pm and by appointment. mmkgallery.com

HIV | AIDS

Anonymous HIV Testing Services: Harm reduction Services, 3647 40th St., Wednesdays 8am - 5pm; Appointments are required for testing. 916-875-6022
Breaking Barriers: Provides a wide range of services for people living with HIV. 2200 21st St., 916-447-2437, breakingbarriers-sacramento.org

Capital City AIDS Fund: Raises money for HIV/AIDS services in the Sac. area. CCAF's activities include Oscar® Night (Feb. 2010), NorCal AIDS Challenge (May 14-17, 2009), and Sacramento Valley AIDS Run Walk (Sept., 2009). capcityaidsfund.org

CARES: HIV/AIDS health clinic, outreach, education and prevention. Free, rapid HIV testing M-F 9 am to 5 pm. 1500 21st St., 916-443-3299, caresclinic.org

Face to Face - Sonoma Co. AIDS Network www.f2f.org 707-544-1581

Golden Rule Services: A minority based organization that resolves health, education, employment and criminal justice disparities in People of Color communities through culturally competent programs and resources. 4433 Florin Road, Suite 760. 916-427-GOLD, goldenrules.info

NorCal AIDS Challenge: (May 15-18, 2009) A 4-day, 330 mile bike ride to raise funds and awareness for HIV/AIDS norcalaidschallenge.net

Northern Nevada H.O.P.E.S., P.O. Box 6420, Reno NV. nnhopes.org, 888-467-3144

Sacramento Valley AIDS Run/Walk: Sept. 14, 2008. 916-448-1110, sacvalleyaidsrunwalk.org

Sac. Valley Pozabilities: HIV+ social group. sacvalleypozabilities@yahoo.com, PO Box 161871, Sacramento, CA 95816-1871

Sierra Hope: Provides support for people with HIV & AIDS. Sierra HOPE, 1168 Booster Way, P.O. Box 159, Angels Camp, CA, 95222, 209.736.6792, sierrahope.org

Sunburst Projects: Providing support to families with children who are living with HIV/AIDS. 1025 19th Street, Suite 1A, 916-440-0889, sunburstprojects.org

IMPERIAL COURT

Court Of The Great Northwestern Imperial Empire (CGNIE): Parent organization for Sacramento's Court, La Kish Hayworth Memorial Fund, Fairy Godfathers' Fund and Rainbow Festival. myspace.com/cgnie

LAW | POLITICS

California Communities United Institute promotes the social, economic, and human rights of lesbian, gay, bisexual, transgender and intersex individuals, couples, and families; people affected by HIV/AIDS; people of color; women; and people of low economic status. We urge elected officials to enact and support legislation that accomplishes this goal. calcomui.org

Central Valley Stonewall Democratic Club: Helps elect qualified, openly LGBT people to public office, as well as Democratic Party candidates that support equal rights for the LGBT community. cvstonewall.org

California Capital Political Action Committee (CAP/PAC): A non-partisan, political action committee formed to provide a voice for the LGBT community in the political process. cappac.net

Green Party of Sacramento County: P.O. Box 2082, Sacramento, CA 95812, 916-484-4000, sacgreens.org

Libertarian Party of Sac.:
P.O. Box 3003, Orangevale, CA 95662, lpsacramento.com

Log Cabin Republicans:
logcabin.org/logcabinca/sacramento_chapter.html

SAC Legal: Association of attorneys, legal professionals, and legislative advocates, affiliated with the Sacramento County Bar Assoc. that promotes equality the LGBT community. saclegal.org

Stonewall Democrats of Sac.: Helping elect qualified, openly LGBT people and Democratic candidates who support equal rights for LGBT. P O Box 161623 Sacramento, CA 95816-1623, 916-441-1787, sacstonewall.org

NEW MEDIA

Being Gay Today: Sacramento's oldest, still-running GLBT TV show. Comcast Cable. Access Sac, channel 17. Thurs. 10pm, Now on myspace and youtube. beinggaytoday.com

Checkered Nation Video Show: A gay-focused internet chat show in and around Sacramento. checkerednation.com

Transponder Radio: Internet radio show covering many transgender issues. transponder.com

PERFORMANCE

A Small Difference Women's Choral Ensemble: Women, under the direction of Sage Brown, dedicated to performing music with a message. smalldifference.org

Sac. Gay Men's Chorus: Produces up to three concerts a year, and performs throughout the year at events in and around Sacramento. sgmchorus.org

Sacramento DanceSport: The Largest Same-Sex Dance Program in the United States. Classes, performances and competition. sacdancesport.com

True Colors Women's Chorus: Women building a community through their love of music. 877-758-7827, truecolorschorus.org

RELIGION - SPIRITUALITY

A Church For All: Fosters an all encompassing spiritual community. 721 North B Street, Sacramento, CA, 95816-2073, 916-502-5603, spirit@achurchforall.org. achurchforall.org

Atheists and Other Freethinkers: Promoting the civic understanding and acceptance of atheism in our community. aofonline.org

Atonement Lutheran: Welcomes all people, regardless of race, language, previous denominational affiliation, gender, or sexual orientation. at-one.org

Grove of the Oak: An eclectic group of Druids, Wiccans, and other Pagans who gather twice a month and on the eight annual Celtic seasonal festivals, to share community, perform ritual, create magic, and support each other in our chosen earth-honoring pagan paths. groveoftheoak.org

Lutheran Church of Our Redeemer: LGBT affirming and supports the Lutheran Lesbian & Gay Ministries. lcorsac.org

Pioneer Congregational Church: LGBT open and affirming. 2700 L Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.html

Sacramento Friends Meeting (Quaker)
890 57th St, Sacramento., 916-457-3998
sacfriendsmtg.org

St. Mark's United Methodist Church: A Christian community welcoming a diverse congregation. stmarksumc.com

St. Paul's Episcopal Church: A Christian community that embraces one and all to worship together at God's table. 1430 J Street, 916.446.2620, stpaulssacramento.org

Trinity Episcopal Cathedral: LGBT affirming. Christian worship, life and ministry. 2620 Capitol Ave., 916-446-2513, trinitycathedral.org

Valley Ministries: Existing to communicate God's love and accept all people. 4118 Coronado Ave, Stockton. 209-464-5244, valleyministries.com

Westminster Church Sacramento: A community of faith accepting all people solely on the basis of their affirmation of faith in Jesus Christ. westminsac.org

RESOURCES

Amador County GLBTQQ Support Group: Amador County Mental Health - call Mary Pulskamp at 209-223-6412

GaySacramento.org: Interactive online resource for LGBT Sac. news, events and community resources. gaysacramento.org

Lavender Library: Serves the LGBT community as a lending library and archives as well as houses LGBT activities. Loans books, periodicals, DVDs (general and erotica), to members. lavenderlibrary.org

yourgayreno.com Online resource for Reno residents

outsacramento.com: Internet links, photos, message board and news for LGBT Sacramento. outsacramento.com

Diversity R Us: Support group for Yuba City-Marysville GLBT. groups.yahoo.com/group/diversityrus

Foothill Lesbians and Gays Social Network (FLAG): An organization for the LGBT community in the Sierra Foothills of No. Cal. flagamador.webs.com

Gaysonoma.com: Online Guide to events, personals, gay businesses, community organizations, classifieds, for Sonoma County LGBT. gaysonoma.com

"If The Shoe Fits": Gay/lesbian organization in the Foothills of El Dorado County that provides social/recreational activities for members. itsfnews.org

Nevada County Pride: Social network of gays and lesbians in western Nevada County in California. nevadacountypride.org

Out In The Mother Lode: Social network for fun/support among the LGBT in the central sierra foothills. outinthemotherlode.org

Rainbow Frontier: A website for LGBT adults in rural/frontier areas of Northeastern California funded Plumas County Public Health Agency, 1-800-801-6330 or 530-283-6358, rainbowfrontier.org

Sac. Gay & Lesbian Center: Serving the LGBT of Greater Sacramento and surrounding counties, providing facilitated discussion groups for LGBT youth and adults, counseling, legal services, HIV prevention and education services and programs for LGBT seniors, families and people living with HIV/AIDS. saccenter.org

Sierra Gay Men's Network: A newsletter & blog with news for Gay Men and their friends in the Sierra Foothills of California. sgmn.org

Solano Pride Center: Support for LGBT of Solano County. Solano Pride Center, 1125 Missouri St., Ste. 203-D, Fairfield, CA 94533, 707-427-2356, solanopride.org

Stanislaus Pride Center: Resources and support for LGBT persons in Stanislaus and surrounding counties. stanpride.org

Stonewall Alliance of Chico: Services and support for LGBT people in Chico and surrounding areas. stonewallchico.org

SENIORS

Senior Gays: A resource for the senior LGBT and friendly community. SeniorGays.org

SOCIAL GROUPS

Capital City Squares: A square dance club for LGBT people who want to learn and enjoy Modern Western Square Dancing. iagsdc.org/capitalcity

High Sierra Primetimers, 1730 Aquila Dr. Reno, 775-324-6785

Males Au Naturel Sacramento (MANS) - A gay/bi male naturist organization for men who enjoy social naturism in positive. groups.yahoo.com/group/malesaunaturelsacramento
Natomas LGBTQ: A group to connect Natomas area queers for in-person social activities. An alternative to the bar scene. natomaslgbtq.wordpress.com

Sac Woof Society: A social group for bears and bear lovers. sacwoofsociety.net

Gay Men's Book Group: A literary group for Sac. gay men. Meets once a month (usually 3rd Wednesday). groups.yahoo.com/group/sacgaybookgroup

Pink Pistols - LGBT group with an interest in shooting sports and self defense. pinkpistols.org/local/sacramento

Sacramento Professional Men's Group: Alternative lifestyle men who get together for networking and social gatherings with other professional men. groups.yahoo.com/group/Sacramento ProfessionalMensGroup

Sac. Valley Bears: A social and charitable organization for bears and bear admirers. sacvalleybears.org

Sac. Valley Knights: Northern California motorcycle club whose membership consists solely of those who own and ride motorcycles. valleyknights.org

Sac. Valley LeatherCorps: Gay men's and women's organization seeking to educate and mentor members of the Leather/BDSM communities through classes and other club activities. svlclub.org

Western Slope Men's Social Group: Online forum for gay/bi men on/near the Western Slope of the Sierra Nevada's (between Sac. and So. Lake Tahoe). groups.yahoo.com/group/WesternSlopeMensSocialGroup

Yuba-Sutter Unity: Social, education & community involvement. gayyubasutter.com, groups.yahoo.com/group/Yuba-Sutter-Unity

SPORTS

CHEER Sacramento: Volunteer cheerleading squad now cheering at games for West Sacramento Wolverines. cheersacramento.org

Frontrunners of Sacramento: Social group inclusive of all types, sizes, dispositions, and levels of activities with running and running events as a main focus. frsac.org

Gay & Lesbian Sierrans: Lesbians and gay men who enjoy outdoor adventures and camaraderie. motherlode.sierraclub.org/gls

Gay Sport Bike Riders of Sacramento - Gay sport bike enthusiasts who meet, post rides and related links. Serious enthusiasts 18+ are welcome. autos.groups.yahoo.com/group/SAC_GSR

River City Bowlers: Gay and Lesbian Bowling league. Winter league runs from Sept..-May and averages 22 teams per season. Summer league lasts 12-13 weeks beginning in June. rivercitybowlers.homestead.com/about.html

Sac. Capital Crossroads Gay Rodeo Association (SCCGRA): Sacramento's gay rodeo chapter. capitalcrossroads.org

Sacred City Derby Girls (SCDG): Sacramento Women's Roller Derby team. sacredcityderbygirls.com

THEATRE | FILM

Lambda Players: LGBT theatre company now in its 19th Season. 1028 R Street, 916-444-8229, lambdaplayers.com

24th Street Theatre: Hosts Runaway Stage which does musicals and larger well-known plays. Facilities for large meetings, lectures, film screenings and performances Sierra 2 Center, 2791 24th Street, 916-452-3005, sierra2.org

Capital Stage - Capital Stage, Delta King: 1000 Front Street, www.capstage.org

Mondavi Center - 530-754-ARTS, One Shields Ave. Davis, mondaviarts.org
Shiny Object: Weekly showings of independent films and Rocky Horror Picture Show. 600 4th St. West Sacramento, shiny-object.com

The Crest Theatre: 1013 K St., 916-44-CREST. Shows independent and GLBT films. Often hosts Sacramento Gay & Lesbian Film Festival. thecrest.com

TRANS SUPPORT

Sac. Gay & Lesbian Center Trans Support: Counseling services available for transgender people. 916-442-0185, Ext. 102. 1927 L St., saccenter.org

Kings of Drag: Performance troupe of women dressing in male drag. kingsofdrag.com

Sac. Gender Alliance: Provides recreational and educational needs of the trans community, their spouses, family members and related professionals. 916-442-0185, Ext. 141, saccenter.org

Sigma Delta Gamma "Sac. Delta Girls": A chapter of Tri-Ess, an educational, social and support group for heterosexual cross-dressers, their spouses or partners and their families. 916-359-2328, geocities.com/Sigma_Delta_Gamma

Transgender Law Center — Works to make California a state in which we can all fully and freely express gender identities. 870 Market St., Room 823, San Francisco, 415-865-0176, transgenderlawcenter.org

Sacramento FTM Support Group, Lavendar Library located at 1414 21st St.
Sacramento, First Tuedsay of every month, A safe, supportive environment for individuals who were born female bodied and identify as male. lavenderlibrary.org

Sacramento Transgender Coalition, SacTGC, is an alliance of transgender groups who wish to strengthen the transgender community in Sacramento so we can collaborate to make changes and educate the general public about the proper terms and treatment of all transgender individuals, young and old. sactgc.org

Trans Families Sacramento, Support group for families with transgender members. They meet on the third Sunday of every month in the Lavender Library (1414 21st St., Sacramento) from 6- 8 p.m., transfamilies@sactgc.org

River City Gems, Celebrating Feminine Expression, A social and support group serving the crossdressing and transgender community of Northern California, info@rivercitygems.org

Sutter Gender Identity Support Group at Sutter General Hospital, 2801 L St (28th and L) Downtown Sacramento, The MCC group is an open, non-religious, non-profit, non-sexual social group for those who are serious about their transformation. Meets on the third Saturday of every month at 6:30 p.m. at the Sutter General Hospital, 2nd floor Conference Room C, 2801 L St, Sacramento, for a potluck and fellowship meeting.

Sacramento Trans Youth, Peer support group for young people in their teens through early twenties, sacTyouth-owner@yahoogroups.com

Colage, Equal Justice For People with LGBT Parents & Our Families, a national movement of children, youth, and adults with one or more lesbian, gay, bisexual, transgender and/or queer (LGBTQ) parents. 1550 Bryant Street, Suite 830, San Francisco, 415-851-KIDS, colage@colage.org

Our Family Coalition, Bay Area LGBT Family Organization, Promotes the rights and well-being of Bay Area LGBT families with children 870 Market Street, Stuite 872, San Francisco, 415-981-1960, info@ourfamily.org

TransGender San Francisco (TGSF), For all members of the Transgendered Community. 415-839-9448, transgendersanfrancisco@yahoo.com

Trans:Thrive, A drop-in center by and for trans. 815 Hyde Street, 2nd Floor, San Francisco, 415-409-4101

WOMEN

Adventure Out Women: Business networking, social activities, special events and recreational adventures throughout California year-round. adventureoutwomen.com

Lesbian Cancer Support:Meets third Monday of each month at 6:30pm. Bring partners or support people with you. ROXANNE1040@aol.com

Rainbow Womyn (Sac.): Online social group for Womyn. groups.msn.com/RainbowWomynof SacramentoCA

Sac NOW: Feminist news, actions, and opportunities. Meets monthly on the 3rd Thurs., 7pm, at the Hart Senior Center at 915 27th Street (27th & J St.). sacnow.org

Sacto Girls: Lesbian social group for women in the Sacramento and surrounding areas. members.aol.com/sactogirls/index.html

Sisters of Scota Foothills Chapter: Women's Motorcycle Club who rides mostly in the foothills. soswmcfoothills.org

Sisters of Scota Women's Motorcycle Club (SOSWMC): A tightknit sisterhood on women motorcycle riders who plan social events and raise funds for various charities. SOSWMC@hotmail.com, soswmc.org

Sac. Area Lesbian Health Resource Guide: A guide to help lesbians in the greater Sac. area identify and obtain services from providers who are sensitive to the needs of lesbian, bi and trans women. saclesbianhealth.com

Single Lesbians of Sac.: A community of single lesbians in the Sac. area interested in meeting other lesbians for the purpose of dating. groups.msn.com/SingleLesbiansofSacramento

Women On Wednesdays: Social discussion/activity group meets each Weds. at the Gay & Lesbian Center, 1927 L St. 7-9pm. Open to lesbian, bi and trans women. saccenter.org

Womyn Over the Rainbow: A group open to lesbian womyn over the age of 40 for the purpose of building friendship. groups.msn.com/WomynOverTheRainbow

YOUTH

CSUS Pride Center: Open to Sac State LGBT students. Lassen Hall 3011, 6000 J Street, 916.278.8720, Email: pride@csus.edu, csus.edu/pride

Delta Lambda Phi: A non-secret, non-hazing, national social fraternity founded by gay men for all men. dlp.org/iota/DLP.htm

Lambda Delta Lambda: Queer-friendly Sisterhood/Sorority social network on campus, accepting of all social identities and backgrounds. ldlucdavis.org/about.htm

Modesto LGBTQ Youth: GLBTQ Youth in Modesto and surrounding areas. myspace.com/lgbtqmodesto

Rainbow Club Of American River College: LGBT students on the American River Campus. geocities.com/arc_glbtqclub

Queer Straight Alliance CSUS: Social/Activist group on campus. myspace.com/queerstraightalliance

RESPECT Sacramento: A grassroots organization dedicated to creating safe schools for all sexual minority people in Sacramento area schools. Meets the second Weds. of the month, 6:30pm at Lavender Library, 1414 21st St. 916-733-2135, RespectSacramento.org

Sac Youth Yahoo Group: Forum for LGBT and friendly youth under 21 years old. sacyouth.net groups.yahoo.com/group/sacyouth

City College LGBT Club: 3835 Freeport Boulevard, 916-558-2111 Advisor: Gayle Pitman, Behavioral & Social Sciences, PitmanG@scc.losrios.edu, wserver.scc.losrios.edu/~glbt/index.html

U.C. Davis LGBT Resource Center: Campus Center for LGBT students. 530-752-2452, lgbcenter.ucdavis.edu

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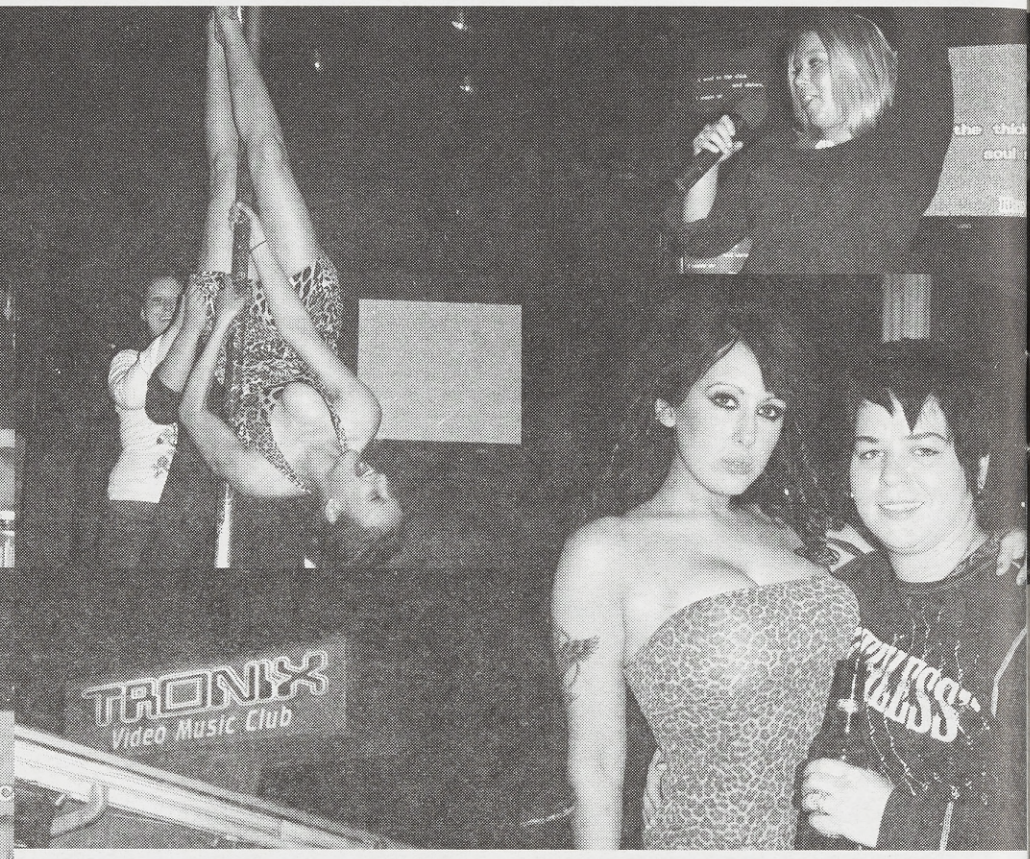
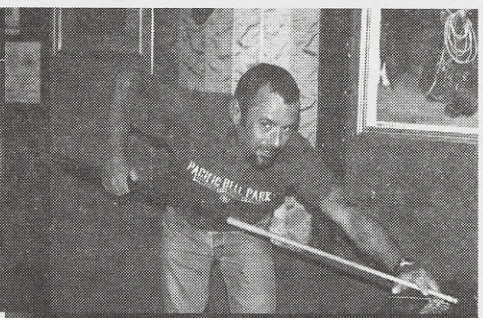
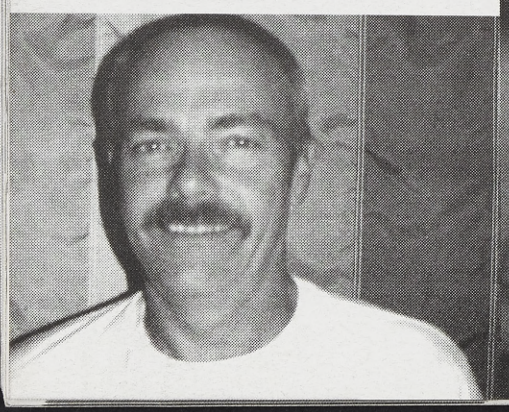
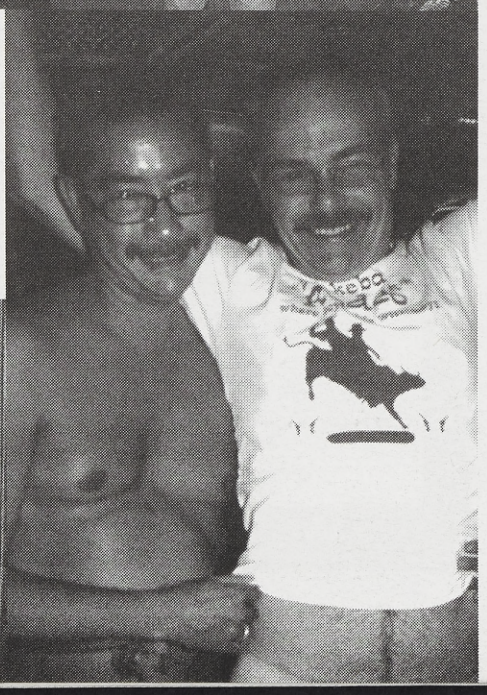


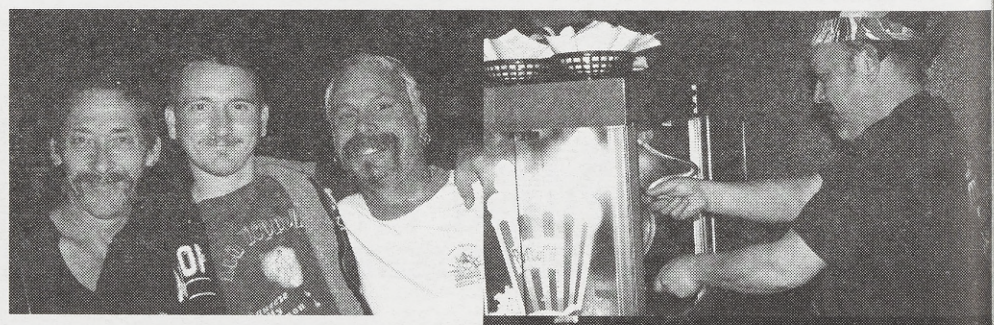
Tronix - Reno - On even a slow Wednesday night fun can be found at Tronix. Karaoke, vibrant neon with blacklight, and a stage complete with a stripper pole just beg for trouble. If your' going to "get on that pole" be sure to keep in mind that things look different upside down in that dress. Cocktails + Inverted Hottie = Wardrobe Malfunction. Photos by Nathan Feldman



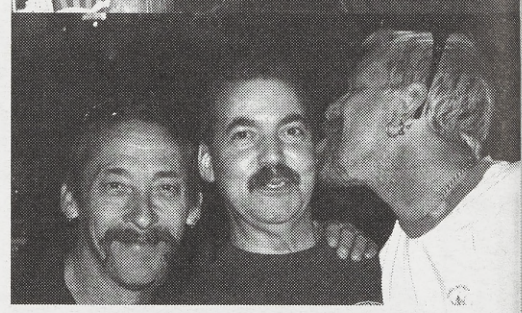
Carl's Pub - Reno - A MEN'S Bar like men's bars used to be. With a logo of a giant cock (yes, it's a rooster,) a pool table, and videos playing unspeakable things, if your into feeling naughty then this will make you feel right dirty. The casual good-natured crowd I ran into on Wednesday evening had little attitude but capability of fun of all sorts. Photos By Nathan Feldman





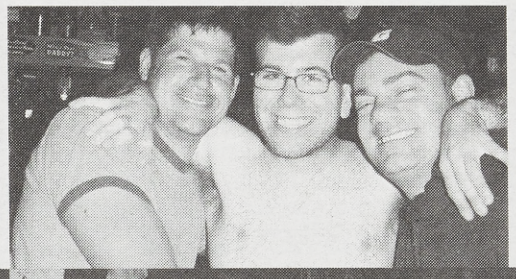


Ten99 - Reno - With a new playful bartender named Pete the Ten99 is hard to escape. Known for its involvement with the court and community fund raising the Ten99 is defiantly a must-visit. On a Wednesday afternoon Pete had me trapped. You drink will never be empty and if not captured in conversation gaze around the bar and look closely at the pictures; past monarchs from the court watch over the patrons from framed portraits lining the walls as testimony to their years of dedicated community service. Known to be busy on evenings and weekends this bar is also comfortable during the day. Enjoy! Photos By Nathan Feldman

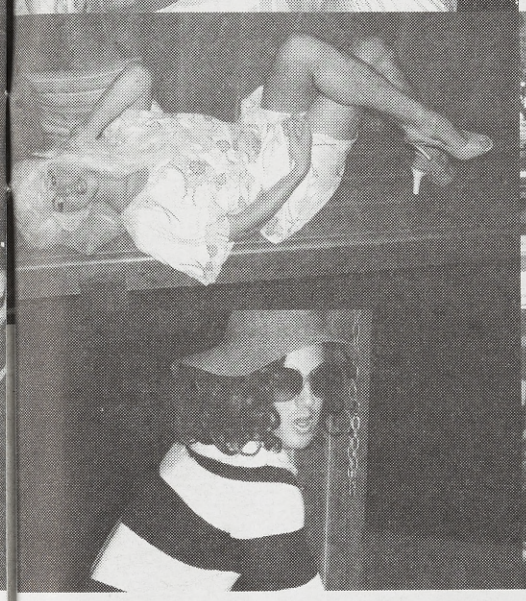


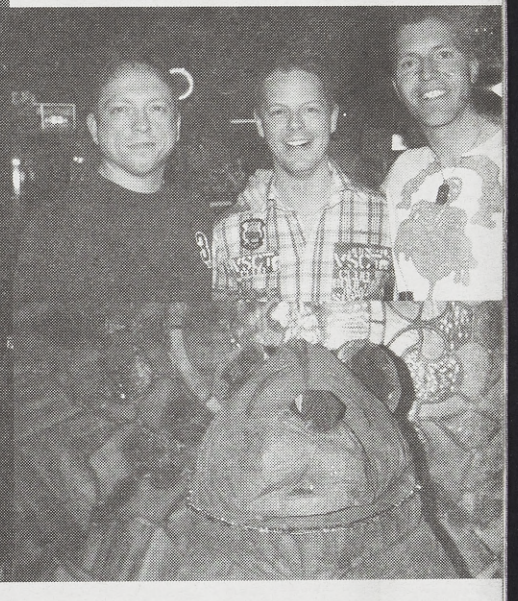
More Photos available at momguesswhat.com

Club Yamagata - Guerneville - Boys in drag claiming to be straight camped it up at Yamagata ... Yeah, right... Straight. Photos by Nathan Feldman

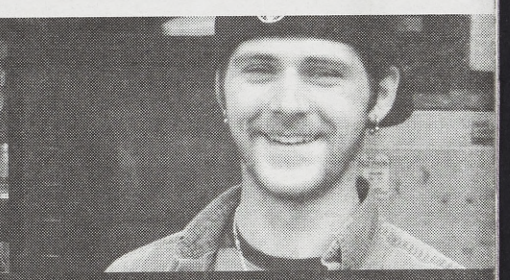


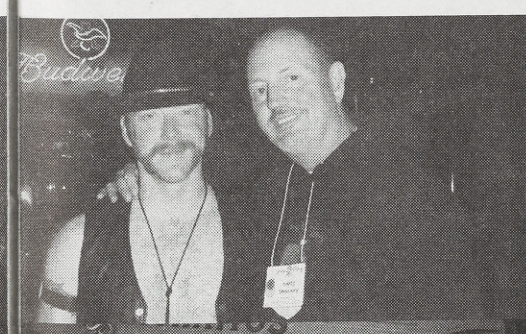
Rainbow Cattle Company - Guerneville - Pool and pinball, drinks and men, all things we like. The RCC warms up as Guerneville pride nears and local guys mix with visitors all looking for a good time. With drinks served in a jar that you would expect to see on a porch in the South the men look better drink by drink, heck some were hot to start with. A mixture of jeans, leather, and casual dress can be found on any night at the RCC. Photos by Nathan Feldman

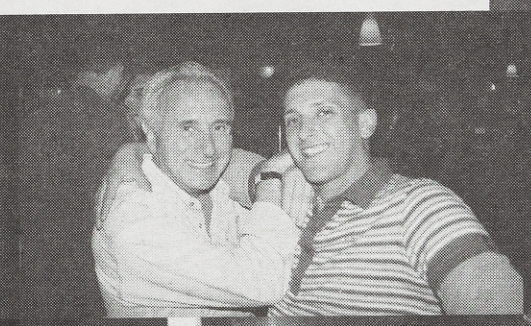


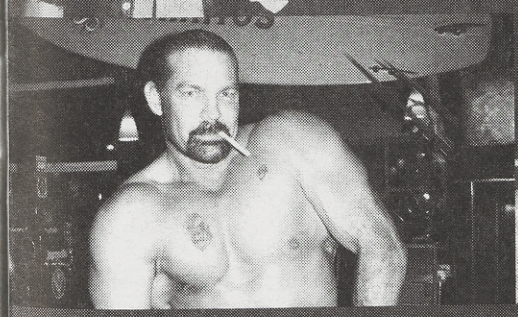


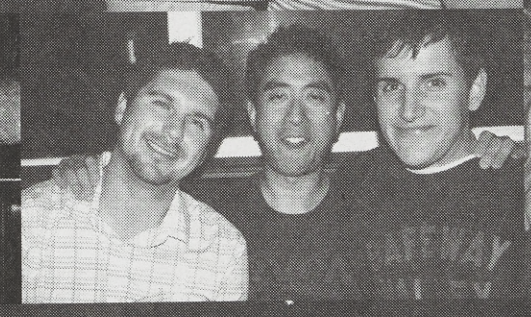
(Below) Russian River Resort "Triple R" - Guerneville With a friendly staff, full bar, pool, garden patio, hot tub, and entertainment the folks at the Triple R know how to keep a party going. 2am will come before you know it but if you plan ahead you can stay in one of the comfortable rooms for rent overnight. Spend the afternoon here for BBQ and sunning at the pool, and check the schedule for events in the evenings. Photos by Nathan Feldman

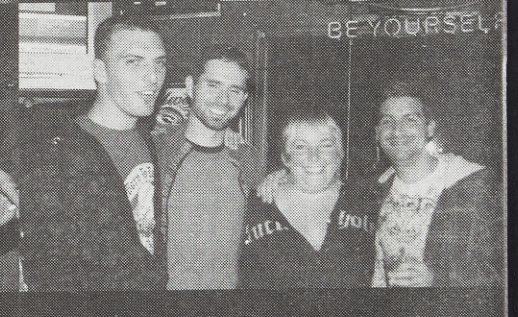


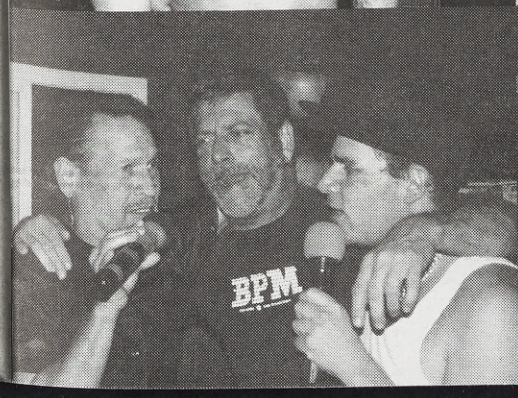


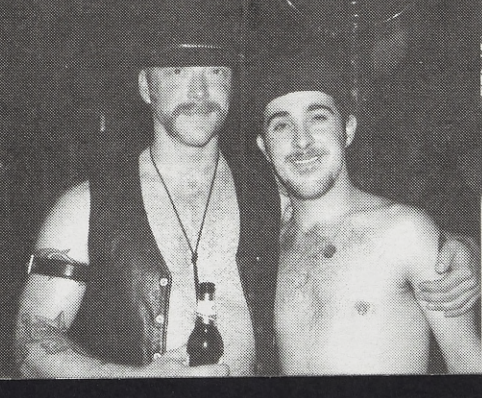


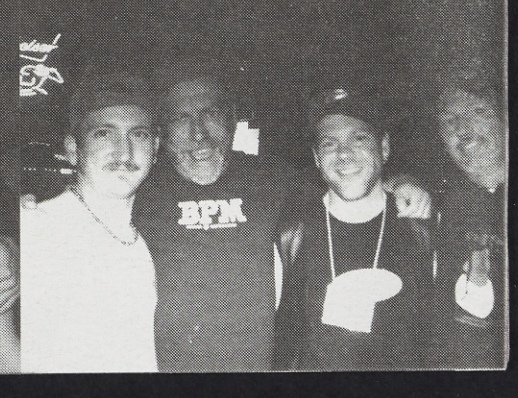




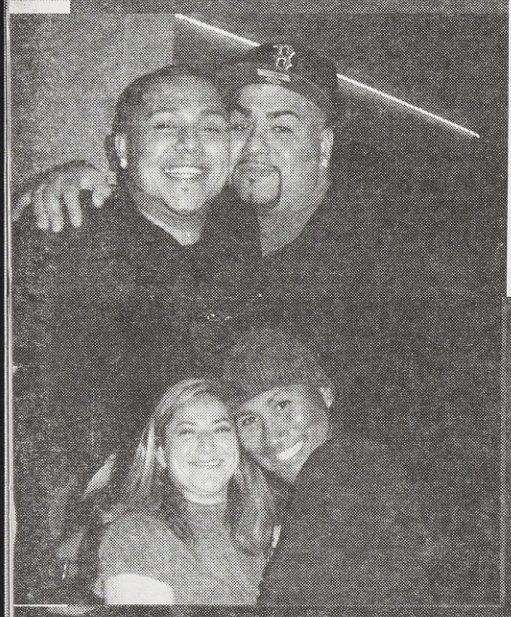


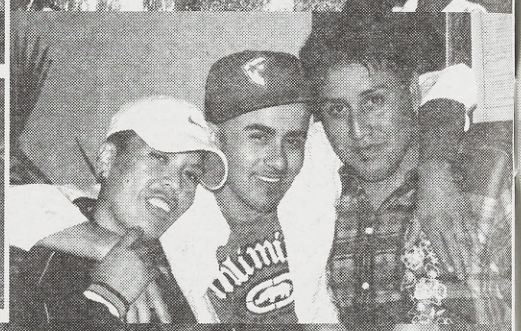


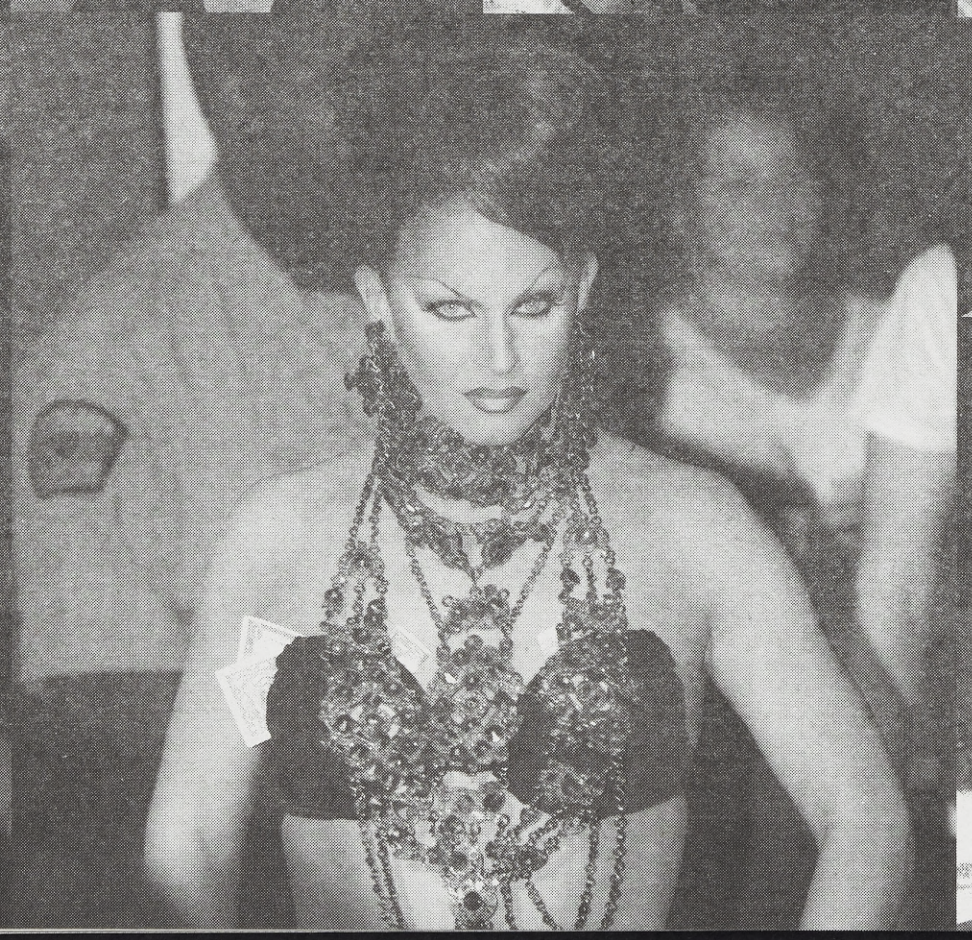


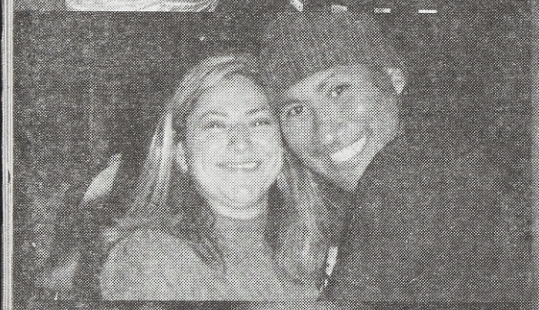
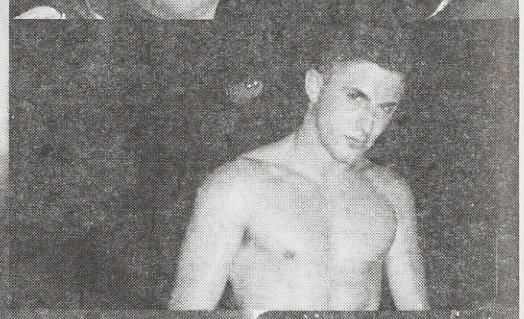


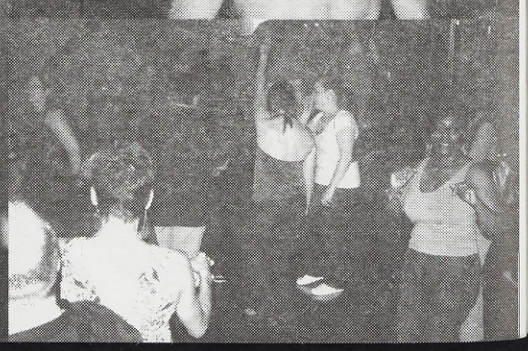
FACES - Sacramento - Shannel from RuPaul's Drag Race, hot strippers, cute boys and girls all have been seen out at Faces over the past two weeks. Check the weekly schedule for drink specials and events. Most evenings have a crowd later in the evening but our favorite is Tuesday Night Latin Night ... Yes, Tacos are served. Photos by Nathan Feldman and Jay Lensch









COME WELCOME THEM HOME!

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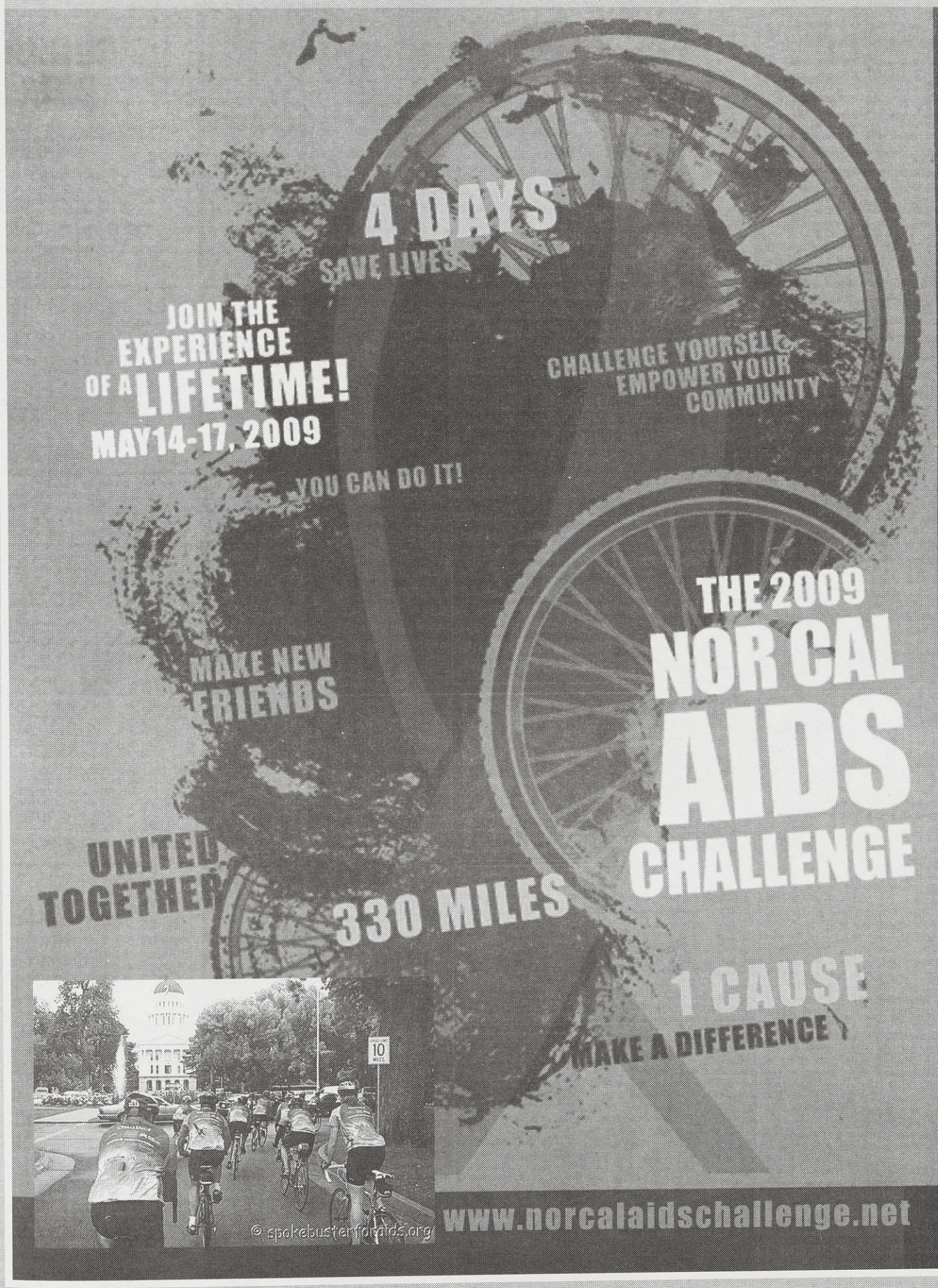

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Badlands - Sacramento - (Above) A one night Cabaret at Badlands. Photos by West Ramsey. (Below) The back patio at Badlands fills up on Sunday afternoons for the T-Dance as locals make the weekly visit and take advantage of drink specials and beautiful weather. Other nights are busy with various dancers, entertainers and events for both boys and girls. Stop by and say Hi to Deanna, the winner of the Humanitarian of the year award from CGNIE. (Bottom) A few pics from a quiet night at the Depot. Check out this month's coverboy Steve Thompson striking a pose. Photos by Nathan Feldman

The Bolt - Mr. Bolt Leather threw his kickoff party to get ready and leave for the Mr. International Leather Contest in Chicago. The Bolt was filled to the brim with men as contests and entertainment kept the attention. Shave this boys head for charity? Give us cash! The boys hair was shaved off! Simple yet fun games kept the boys happy and money stacking up for charity. With a full bar everything is available but beer in pictures seemed to be the choice for the night for most. Good Luck at IML Mr. Bolt! Photos By Nathan Feldman

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The Last Word

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Hope everyone had a great Cinco De Mayo! The weather has so great in Sacramento lately! It feels so great that I just want to get into my two piece bikini and step into the swimming pool at FACES Nightclub or get out my old Slip And Slide! How many of you had one of those when you were a kid?

In the last article I announced I had started my diet and I am proud to say that I have lost ten pounds and several inches, which I am extremely proud of! I am focused to lose more weight and am hoping to leave it off this time. It's hard to change bad habits such as eating at your friend's homes or going out to dinner all the time, but I must keep my eating habits disciplined.

When I was younger, I suffered from bulimia, the eating disorder where one purges their food after eating. I was just like many others who believed they had found a way to lose weight fast and I suffered the consequences for it. I found out the hard way that when you deprive your system for a long time and then you eat and don't purge, that your body makes you gain even more. Thank God I was able to recover from it and learn healthy ways of combatting those extra pounds.

Who went to Coronation '09? I want to congratulate the outgoing monarchs from CGNIE, Santos and Precious, for completing their reign together. I know from being a past monarch that it's hard to raise money — especially when we are in a recession and rhinestones cost a plenty! I also want to welcome the newest monarchs to CGNIE, Tony and Chelsey! Good luck and I hope you two work together — not separately — from one another and have a successful reign. I wasn't able to attend this year's Coronation because I was having a early "Birthday Bitch Bash" in Bakersfield California given by my drag family. I wanted to go but people do need to realize that family comes first. I would have loved to have seen Shannel from RuPaul's Drag Race perform at coronation and at FACES and worked it out!

My drag daughter Candy Moore decided to have her show at the element Lounge in Bakersfield and name the show "Monique Moore's Birthday Bitch Bash" so I came up and brought a few girls from Sacramento with me. I took the reigning Miss Gay Sacramento Miss Maylahe, the reigning Miss SCCGRA Silver Moore, Miss Lady La La Moore and my youngest daughter Star Moore ... and my three dogs.

I rented a mini van and we all left on Thursday afternoon. Somehow I caught a 24-hour flu where I couldn't even move and I felt like I was dying! It was horrible! I felt better Friday morning so we all decided to go shopping in the Garment District in Los Angeles. As we were strolling through Santee Alley we picked up a few things — and boys as well. After shopping we went to Hollywood Blvd. to buy some fierce wigs. But we didn't like any of them so it was back to Bakersfield.

As we were all talking and having fun we didn't notice that the gas light was on, so there we were in the middle of traffic on Freeway 405 when the gas ran out! What a mess that was! I made La La get out the car and get a gas can. May I remind you she is a hot looking transsexual beauty! She had like eight cars stop and ask her if she needed a ride. I was like, "you go, bitch!" Soon we had gas and were back home getting ready to paint the town red.

We went to the gay club the Casablanca where my friend Menage, the resident drag diva, met us all in the front and comped us in. That night they had a dance contest which everyone wanted me to enter so I did and won a $50 drink tab! I jumped into the splits, did cartwheels and tumbled across the floor in my high heels and even scraped up my knees and elbows, but it was worth it.

My birthday bash was the next day and all I can say is: wow what a crazy night! I am so proud of the girls I brought with me to perform because they showed out! Everyone loved them and they got great reviews.

After the club about 50 people came to an after-hours party that was thrown for me at my daughter M.J. Moore's house. At 4 a.m. the police came and broke it up! It was a blast! We never went to sleep and stayed up chit chatting like it was a slumber party — oh, we were so exhausted.

We managed three hours of sleep before it was time to head for home and get ready for the Sunday Night "Dragalicious Show" at FACES. As tired as we were we still did up beat numbers and put on a great show! The show must go on — that is what entertainment is all about.

I am at home now finishing this article up and ready to go to bed for about 12 hours. I need to be rested for Monday Movie Madness which happens every Monday at FACES at 9 p.m. I hope to see you there soon! Until the next adventure ...

This is Mizz Monique Moore always getting in "The Last Word".

Wendy Ho

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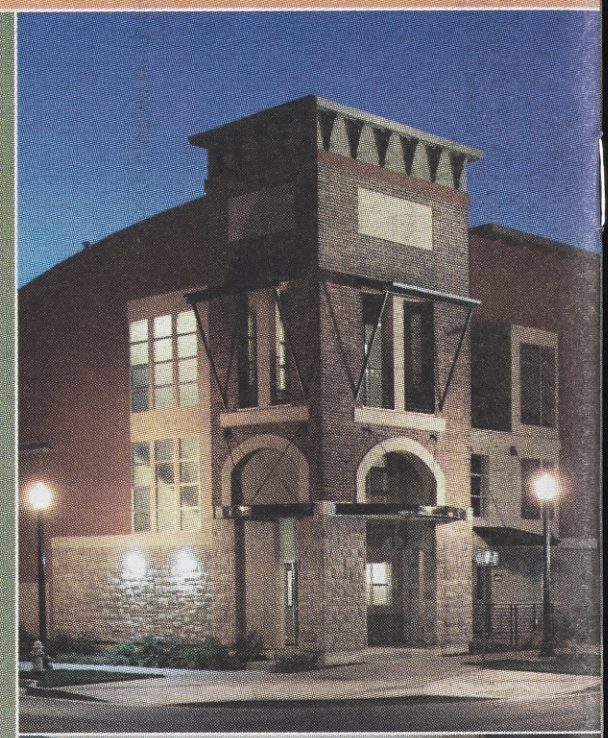

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